**BATTLE STAR:** Challenge your pals to rope wars for a real workout | **Inside**

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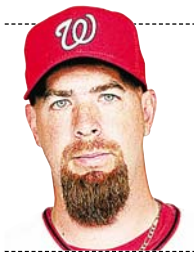
# Tuesday

AFP/GETTY IMAGES

Iran President Ahmadinejad backs a nuke program.

**U.N. Sanctions:** Iran is hit again over nuclear program | 5

**Death Penalty:** Fairfax jury sentences Prieto for murders | 9



**A Good Year?** Nationals pitcher foresees a 'special' season | 13

**ENTERTAINMENT**

**Desperate Measures:** *Jason Statham* and his crew take irrational steps to get paid in the heist flick 'Bank Job.'

>> 17-20

RICK BOWMER/AP; PAT SULLIVAN/AP

**DOWN TO THE WIRE:** Democratic presidential hopefuls Barack Obama, left, and Hillary Clinton vie for voters ahead of Tuesday's primaries in Ohio and Texas.

# Dems Duel for Ohio, Texas

## Clinton aims to halt Obama's momentum in key primaries

WASHINGTON | Barack Obama and Hillary Rodham Clinton reached for the finish line of contentious Ohio and Texas primary campaigns on Monday as senior Democrats expressed concern the party could suffer this fall if their struggle goes on much longer.

"I'm just getting warmed up," said Clinton, looking beyond this week's contests and shrugging off 11 straight primary and caucus defeats as well as a three-digit deficit in delegates.

The former first lady campaigned from Ohio, where she accused Obama of double-talk on NAFTA, to Texas, where her new television commercial questioned his readiness to serve as commander in chief.

Obama spent his day in Texas, a state rich in military bases, where he pledged to begin the withdrawal of U.S. troops from Iraq next year and envisioned a "seamless transition from active duty to civilian life" for men and women who leave the armed forces.

vote '08 → The complicated formula for tallying delegates could cloud the results of Tuesday's four Democratic primaries | Page 3

But he was shadowed by allegations that he had overstated his opposition to the North American Free Trade Agreement to win votes back in Ohio. He told reporters his campaign never gave Canada back-channel assurances that his criticism of NAFTA, which is wildly unpopular in Ohio, amounted to political posturing.

In addition to Texas and Ohio, Rhode Island and Vermont hold primaries on Tuesday. The four races have a total of 370 national convention delegates at stake.

Obama has won 11 straight contests and leads in the Associated Press delegate count, 1,386-1,276. DAVID ESPO (AP)

**pollcenter** DO YOU THINK FOX IS OVERDOING IT BY AIRING 'AMERICAN IDOL' THREE TIMES A WEEK? A YES B NO

| TUESDAY | WEDNESDAY | THURSDAY |
|---|---|---|
| 68 \| 51 | 58 \| 35 | 54 \| 37 |

**TODAY:** Mostly cloudy and early shower; evening thunderstorms | 30

# eyeOpeners

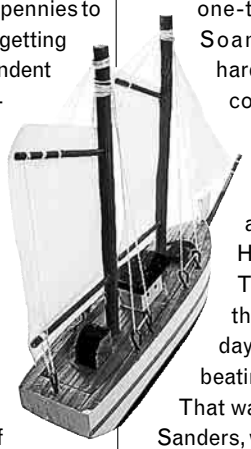
USELESS CURRENCY

## Students Do Patriotic Duty — Using Pennies

Twenty-nine Readington Township, N.J., students punished with two-day detentions after they used pennies to pay for their $2 lunches are getting a pardon. School Superintendent Jorden Schiff informed parents in an e-mail Sunday that he has rescinded the after-school detentions. They will be restored only if parents ask that their children serve them. Officials say a group of middle school students upset by their shortened lunch period paid for their meals with pennies Thursday. Schiff gave them detentions for slowing down the lunch line and disrespecting cafeteria workers. In his e-mail, Schiff said the students described their actions as a prank and that news reports inaccurately called it a protest. Several parents had complained the punishment was too harsh, but some thought it was too lenient. (AP)

TRUISMS

## Quitters Never Barf



A woman who set out with her boyfriend on a 1,000-day sailing trip has abandoned the quest about one-third of the way through. Soanya Ahmad calls it "a hard decision" because the couple had "been through so much." But she says she's been plagued by seasickness. Ahmad and Reid Stowe left from Hoboken, N.J., last April. Their aim was to sail around the world for 1,000 straight days without touching land, beating the record of 657 days. That was set by Australian Jon Sanders, who circumnavigated the globe three times between 1986 and 1988. Stowe has been a professional sailor and adventurer since he was a teenager. But Ahmad had never sailed beyond the Hudson River before the around-the-world voyage. She left their 70-foot yacht off the coast of Australia late last month, returning to New York Friday. (AP)

BLACKPOOL SEALIFE CENTRE/AFP/GETTY IMAGES

MUTANTS

## 6 Out of 8 Ain't Bad

**A six-legged octopus has been found and dubbed a "hexapus" by British marine experts, Agence France-Presse reported. The creature, who they named Henry, is likely to have a birth defect (as opposed to being created by a mad scientist or exposure to alien rays). Caught in a lobster pot off the coast of Wales, Henry ended up at England's Blackpool Sea Life Centre, where no one noticed his lack of legs until he attached himself to the glass of his tank, the Telegraph reported. Henry will go on display soon as part of an exhibit called "Suckers."** (EXPRESS)

AP FILE

Fay Wray pioneered the study of apes.

CAREERS

## Girl Has Promising Future in Primatology

We have a screamer! Nine-year-old Shannon O'Hanlon is the winner of Sunday's Fay Wray Scream-Alike contest, celebrating the 75th anniversary of the Radio City Music Hall premiere of "King Kong." The fourth-grader bested 20 other contenders to win a DVD of the black-and-white 1933 movie starring Wray, and a trip to the top of the Empire State Building. The judge of the contest was none other than Wray's daughter, 71-year-old Susan Riskin. (AP)


Brain Imaging in Depression

The National Institute of Mental Health (NIMH) is conducting studies using Positron Emission Tomography (PET) & Magnetic Resonance Imaging (MRI) to better understand how the brain regulates emotion and how depression affects motivation. Studies are conducted at the NIH Clinical Center in Bethesda, MD.

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**47** | **The number of tax returns, in millions,** the IRS has received so far this year. Of those returns, 38 million were filed electronically, up 5 percent from the 2007 filing season. The average refund was $2,708, up 2 percent from last year.

# Nation

## In Brief

JOHN BAZEMORE/AP

A Georgia state trooper looks over the wreckage of an overturned school bus.

CANTON, GA.

### School Bus Overturns, Sending 11 to the Hospital

A school bus carrying 27 students overturned Monday on its morning route, sending 11 students to hospitals for treatment of injuries, authorities said. None of the students was in critical condition. Cherokee County sheriff's Sgt. Jay Baker said a preliminary analysis indicated the driver apparently overcorrected when the vehicle's right tires went off the pavement. (AP)

CHICAGO

### Jury Selection Begins In Rezko Corruption Trial

A businessman who raised thousands of dollars for Sen. Barack Obama and Gov. Rod Blagojevich smiled confidently at his wife and family as jury selection began Monday in his political corruption trial. Antoin "Tony" Rezko, 52, is charged with buying political influence with campaign money and using it to launch a multimillion-dollar shakedown scheme. (AP)

# Delegate Math Muddles Dem Race

## Obama and Clinton could gain little from Tuesday's primaries

WASHINGTON | Tuesday's contests could go a long way toward determining both nominees for president — once the delegates are calculated. But for the Democrats, that could get complicated.

Sen. Barack Obama goes into the contests with a 110-delegate lead over Sen. Hillary Rodham Clinton, according to the latest Associated Press tally.

There are 370 Democratic delegates at stake in four states, but the party's system of awarding delegates proportionally will make it tough for either candidate to post big gains.

The biggest prize is Texas, with 193 delegates, where the Democrats will have a primary and a caucus.

ERIC THAYER/GETTY IMAGES

A Hillary Clinton supporter holds up a sign on Monday outside the Franklin County Election Board in Colmbus, Ohio. The state's presidential primary is Tuesday.

The primary will determine 126 delegates, based on voting in 31 individual state Senate districts. The caucuses will determine 67 delegates. They will be awarded based on the statewide results of the caucuses, which will be held after the primary polls close.

The two-step system increases the possibility that the primary winner might not win the most delegates to the party's national convention this summer.

Ohio will have 141 Democratic delegates available, with 92 based on voting in 18 congressional districts, and 49 based on statewide results. Late returns in some areas, particularly Cuyahoga County in northeast Ohio, could delay the awarding of some delegates.

STEPHEN OHLEMACHER (AP)

### Voters Ready for More

➜ Two-thirds of Democrats in a new Washington Post-ABC News poll say Hillary Clinton should keep her campaign going if she wins in Texas or Ohio. | A Section

IN The Washington Post

# Man Opens Fire in Wendy's, Killing 1

## Gunman commits suicide after critically wounding 3 others

WEST PALM BEACH, FLA. | A gunman in a jacket and tie wordlessly opened fire inside a Wendy's during the lunchtime rush Monday, killing a firefighter who had gone back to fetch the toy left out of his child's meal and wounding five others. He then committed suicide.

J. PAT CARTER/AP

A gunman dressed in a jacket and tie shot six people at this Wendy's eatery.

"This was not a robbery. He didn't demand anything," said Paul Miller, a Palm Beach County sheriff's spokesman. "Looks like this was just another random shooting like we've seen around the United States."

The 42-year-old victim, a Palm Beach County Fire-Rescue lieutenant who was not in uniform, had met his wife and child at the restaurant during a break in training down the street, Deputy Fire-Rescue Chief Steve Delai said. The family had gotten their food and walked out, but the man returned because the free toy was missing from the kids' meal, he said.

Three of the survivors were critically wounded, but all had improved and were hospitalized in stable condition Monday evening, Miller said. One person was injured while running away. Motorists at the drive-thru window also fled, some leaving their vehicles running.

BRIAN SKOLOFF (AP)

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## Nation

**BIRTHDAY BRAWL:** A child's birthday party at a Chuck E. Cheese in Natick, Mass., was cut short Saturday after a fight broke out between two mothers. Natick police said the mom of the birthday boy apparently became enraged because the other woman's son was "hogging" an arcade game.

# Eco-Terror Group Blamed for Fires

### 3 luxury homes burn near Seattle; note at scene mocks builders

WOODINVILLE, WASH. | Three seven-figure dream homes went up in flames early Monday in a Seattle suburb, apparently set by eco-terrorists who left a sign mocking the builders' claims that the 4,000-plus-square-foot houses were environmentally friendly.

The sign bore the initials ELF, for Earth Liberation Front, a collection of radical environmentalists that has claimed responsibility for dozens of attacks since the 1990s.

The sign left behind said in red scraggly letters, "Built Green? Nope black!" and "McMansions in RCDs r not green," a reference to rural cluster developments.

The sheriff's office estimated that Monday's pre-dawn fires did $7 million in damage to the "Street of Dreams," a row of unoccupied, furnished model homes. No injuries were reported in the fires.

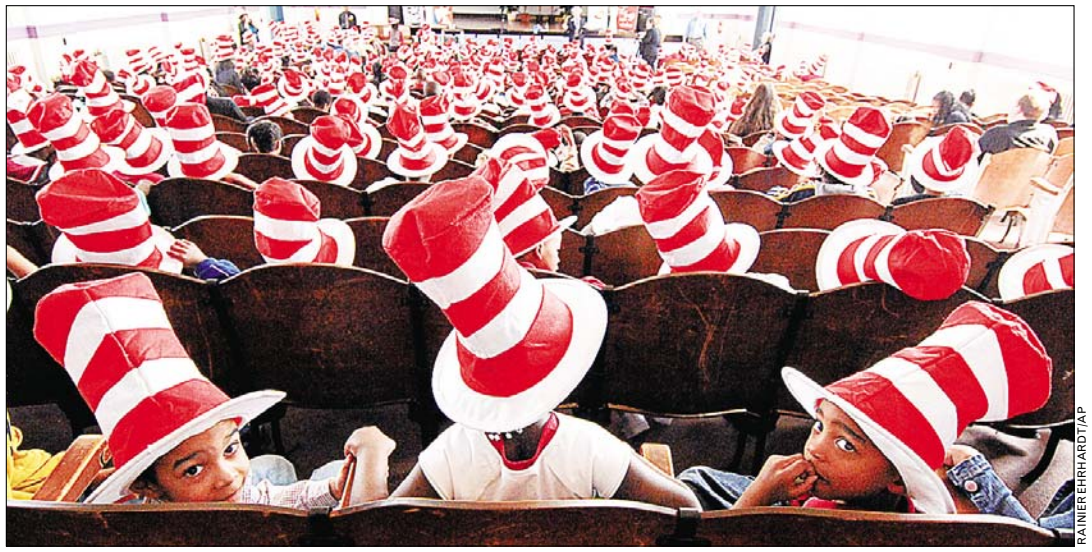
The FBI was investigating the fires as a potential domestic terrorism act, said FBI spokesman Rich Kolko in Washington, D.C.

The homes were between 4,200 and 4,750 square feet and were on sale at prices up to nearly $2 million. ELIZABETH M. GILLESPIE (AP)

ELAINE THOMPSON/AP

Firefighters work to extinguish a fire at a luxury house in Woodinville, Wash.

AUGUSTA, GA. | SEUSS CELEBRATION



RAINIER EHRHARDT/AP

**BY THE BOOK:** Cameron Soto, 6, left, and Travis Wright, 5, right, listen during the National Education Association's Cat-a-Van tour stop at Lamar Elementary School. Volunteers read Dr. Seuss books to students throughout the country on Monday as part of "Read Across America," an annual event corresponding with the author's birthday.

## Lawsuit on Home Appraisals Settled

ALBANY, N.Y. | New York Attorney General Andrew Cuomo said Monday that prospective home buyers will be protected from fraudulently inflated home prices under a new agreement with government-sponsored lenders Fannie Mae and Freddie Mac.

Cuomo said lenders have pressured appraisers to bump up the listed value of homes, contributing to a national mortgage crisis that is forcing families into foreclosure.

Under the agreement, which ends Cuomo's investigation, lenders won't be allowed to use in-house staff for initial appraisals and will be prohibited from using appraisal management companies that they own or control. (AP)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XX008

**FALLING STAR:** The two-century-old Paris restaurant where Napoleon ate, Le Grand Vefour, lost its third Michelin star on Monday — the only restaurant with the guide's highest ranking to be downgraded in the French gastronomy guide's 2008 edition.

# World

## In Brief

QUITO, ECUADOR

### Ecuador Breaks Diplomatic Relations With Colombia

Ecuador broke off diplomatic ties with Colombia on Monday following that country's strike against leftist rebels inside Ecuador, the Foreign Ministry said. Ecuadorean President Rafael Correa earlier on Monday vowed to take "stronger measures" against Colombia following the strike on Saturday that killed a senior rebel leader on Ecuadorean soil. (AP)

Correa

ISLAMABAD, PAKISTAN

### Tear Gas Fired at Attorneys During Protest Over Judge

Police fired tear gas Monday to disperse scores of attorneys demanding that President Pervez Musharraf reinstate Chief Justice Iftikhar Mohammed Chaudhry, who has been under house arrest since last year. The chairman of the U.S. Joint Chiefs of Staff, Adm. Mike Mullen, meanwhile, arrived in Islamabad for talks with Musharraf and the military leadership. (AP)

NAIROBI, KENYA

### 13 People Burned or Hacked To Death in Land Dispute

Thirteen people were burned alive or hacked to death Monday in an attack blamed on a land dispute, the first major eruption of violence since a power-sharing agreement was forged last week to end Kenya's post-election crisis. The attack in Kenya's fertile Rift Valley illustrated that conflicts exacerbated by the political fight are still boiling. (AP)

THE HAGUE, NETHERLANDS

### Protesters Torch Dutch Flags Over Lawmaker's New Movie

Protesters have already torched Dutch flags in Afghanistan ahead of a new Dutch film portraying Islam's holy book as a "fascist" text that incites violence and preaches the oppression of women and gays. The Dutch government has urged lawmaker Geert Wilders to scrap his film for the safety of its citizens abroad. (AP)

ABID KATIB/GETTY IMAGES

Palestinians sit on the remains of their destroyed homes in Jabalia, Gaza Strip, Monday, after Israelis withdrew from the area.

# Israeli Forces Leave Gaza

## Hamas claims victory as Israel's leaders vow to continue offensive

JERUSALEM | Israeli troops withdrew from northern Gaza on Monday, but Israel's leaders warned that a broad offensive against Islamic militants would continue, as Israeli airstrikes and Palestinian rocket attacks persisted into the night.

Hamas proclaimed the Israeli pullback a victory for its fighters. Yet, while defiant in public, Hamas' leaders signaled they were trying to work out a truce after nearly a week of escalating combat.

Israeli Prime Minister Ehud Olmert said peace talks with moderate Palestinians should go on, despite the latest violence in the Gaza Strip. The administration of Palestinian President Mahmoud Abbas said talks would stay suspended during fighting.

On the eve of a visit by Secretary of State Condoleezza Rice, U.S. officials called for a quick resumption of negotiations.

Israel's army withdrew its infantry and tanks from the Gaza town of Jebaliya early Monday after more than two days of fighting, leaving a swath of destruction.

"There's no word to describe this horrible scene. I can say nothing but that God is greater than the aggressors, and God is going to avenge us," said Sami Asliyeh, who lost two cousins when a shell struck the family home Saturday. JOSEF FEDERMAN (AP)

# U.N. Backs New Iran Sanctions

## Security Council's 3rd round of restrictions bans trade of goods

The U.N. Security Council approved a third round of sanctions against Iran on Monday with near unanimous support, sending a strong signal to Tehran that its refusal to suspend uranium enrichment is unacceptable and becoming increasingly costly.

For the first time, the resolution bans trade with Iran in goods that have both civilian and military uses, and authorizes inspections of shipments to and from Iran by sea and air that are suspected of carrying banned items. The vote was 14-0; Indonesia abstained.

Iran's U.N. Ambassador Mohammad Khazee told the council before the vote that Iran would not comply with "unlawful action" against its "peaceful nuclear program."

Iran insists its enrichment activities are intended for only peaceful civilian purposes, but the U.S., the European Union and others suspect its real aim is to make atomic weapons. EDITH M. LEDERER (AP)

# Court Drops Charges Vs. Ex-Iraqi Officials

## Panel decides there is not enough evidence in sectarian killing case

BAGHDAD | An Iraqi court dropped charges Monday against two former Health Ministry officials accused of allowing Shiite death squads to use ambulances and government hospitals to carry out kidnappings and killings.

The panel cited a lack of evidence in its decision, which came despite reports of witness intimidation.

Minority Sunnis have viewed the case as a test of the judiciary in this Shiite-dominated country, and the ruling was likely to hurt U.S. efforts to promote national reconciliation between the Muslim sects.

Iraqi police and hospital officials said at least 24 people were killed and dozens were wounded Monday when two bombs exploded in different parts of Baghdad. The U.S. military, however, reported a far lower casualty figure.

In the deadliest attack, a car bomber killed at least 22 people and wounded 43 in central Baghdad's Bab al-Mudham neighborhood, according to police and hospital officials. SAMEER N. YACOUB (AP)

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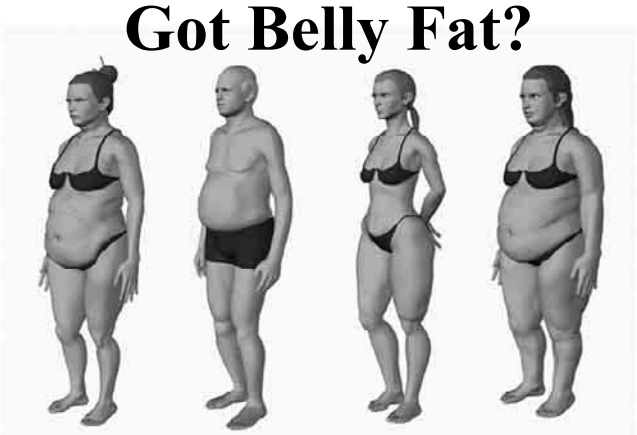

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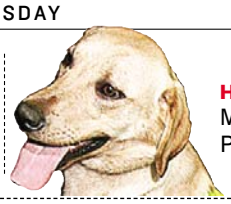
# World



**HOUNDING CRIMINALS:** Malaysian authorities said Monday they will use two Labrador retrievers named Paddy and Manny to help police sniff out pirated DVDs.

ALEXANDER NEMENOV/AFP/GETTY IMAGES

Russian police detain an opposition activist during a protest against the results of Sunday's election in Moscow on Monday.

# Putin Gives Power to Heir

## Medvedev's victory denounced by Russian protesters as a farce

MOSCOW | President Vladimir Putin fast-tracked the transfer of power to his newly elected protege Monday and signaled the Kremlin won't back down from its pull-no-punches anti-U.S. foreign policy or ease up on its critics at home.

President-elect Dmitry Medvedev credited his overwhelming election victory Sunday to Putin's policies that have "so effectively been pursued in recent years."

Medvedev has stressed that he will pursue Putin's foreign and domestic agenda, and in a sign that little would change, Russia squeezed natural gas supplies to Western-leaning Ukraine, and police in Moscow manhandled opposition protesters who denounced the election as a farce.

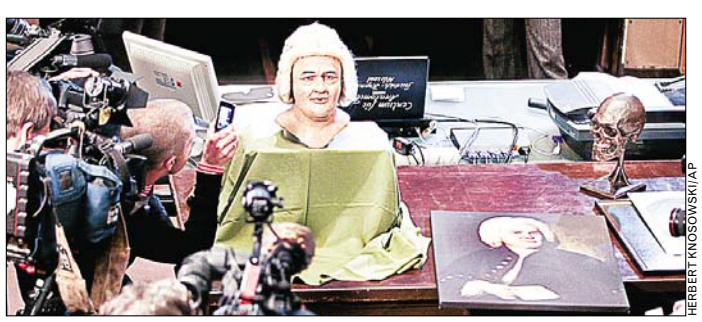
Also in Moscow, a pro-Kremlin youth group kept up criticism of the U.S., a frequent target of Putin's wrath. Hundreds of people took aim at the U.S. Embassy in a march denouncing U.S. foreign policy.

More than two months before Medvedev's inauguration, Putin put him in charge of presidential State Council meetings — a symbolic show of trust and a display that they will rule together. The move may be designed to boost Medvedev's authority in the eyes of officials at the body's meetings — and the ordinary Russians who see them on the TV news.

Police, some in riot gear, thwarted an opposition protest of the election in Moscow, grabbing dozens of people and hauling them into buses. Demonstrators chanted, "Shame!" and, "Down with the police state!"

At one point, police grabbed a young woman holding a bunch of red roses and picked her up off of her feet. "I haven't done anything!" she screamed. STEVE GUTTERMAN (AP)

**BERLIN, GERMANY** | BACH IN THE SPOTLIGHT



HERBERT KNOSOWSKI/AP

**COMPOSER'S FACE OF COMPOSURE:** Photographers gather around a forensic facial reconstruction of German composer Johann Sebastian Bach, who lived from 1685 until 1750, at a conference in Berlin on Monday.

**HEARSAY | IRAQ**

"The presence of foreigners in the [Iraqi] region has been to the detriment of the nations of the region. It is nothing but a humiliation."

—**MAHMOUD AHMADINEJAD**, IRANIAN PRESIDENT, AT A BAGHDAD NEWS CONFERENCE MONDAY IN WHICH HE INSISTED THAT U.S. POWER IS IRRELEVANT IN IRAQ.

# In this race for the long run

**PSCU Financial Services** is proud to join together with credit unions throughout the U.S. as the lead partner of the **Credit Union Cherry Blossom Ten Mile Run©**, one of the largest annual events benefiting the **Children's Miracle Network.**

As the race approaches and the excitement of the competition takes hold, take a moment to reflect on the people who make this event happen. Credit unions provide the financial support and volunteer muscle to make this race a success. It's more than a race. It's a commitment to our communities across the USA. It's a natural extension of our primary role in our community–serving people like you.

PSCU Financial Services is excited to provide the funding to help make this event a success. Our collective goal is to raise $1 million for the network of 170 premier Children's Hospitals located across the country. Over 12,000 runners have registered (race quota achieved, registration now closed). You can still participate by joining us on April 6 to cheer the runners on and make your donation to the **Children's Miracle Network (Cherryblossom.org)**.

For over 30 years, our company has facilitated the growth of credit unions by helping to forge the bond between the credit unions and their membership. We're in this for the long run and know that the success of our credit union partners in their communities is the basis for a rewarding future. We all take pride helping children through this very special event.

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MCT FCU
Members 1st FCU
Money One FCU
NARC FCU
NARFE Premier FCU
NASA FCU
National Capital FCU
National Geographic FCU
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NLRB FCU
Northrop Grumman FCU
Northwest FCU
NRL FCU
NSF FCU
Orange County Teachers FCU
PenAir FCU
Pentagon FCU
Pittsford FCU (NY)
Police FCU
Prince George's Community FCU
Queen of Peace Arlington FCU
Salem VAMC FCU
San Mateo CU
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202.332.3077
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**Meze**
202.797.0017
**Perry's**
202.234.6218
**The Diner**
202.232.8800

**BRIGHTWOOD**
**Colorado Kitchen**
202.545.8280

**CAPITOL HILL**
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202.543.5906
**Café Berlin**
202.543.7656
**La Plaza**
202.546.9512
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202.544.5201
**Mr. Henry's Inc. 35%**
202.546.8412
**Starfish Café**
202.546.5006
**Szechuan House Fusion Grill**
202.546.5303
**The Old Siam 50%**
202.544.7426
**Trattoria Alberto**
202.544.2007
**Union Pub**
202.546.7200

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**Cactus Cantina**
202.686.7222
**Dino**
202.686.2966
**Sala Thai**
202.237.2777

**COLUMBIA HEIGHTS**
**The Heights**
202.797.7227

**DOWNTOWN**
**Georgia Brown's 50%**
202.393.4499
**Lotus Lounge**
202.289.4222
**Restaurant K**
202.974.6545
**Sesto Senso**
202.785.9525
**Tuscana West**
202.289.7300

**DUPONT CIRCLE**
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202.232.0395
**Beacon Bar & Grill**
202.872.1126
**Bistrot Du Coin 35%**
202.234.6969
**Café Luna 50%**
202.387.4005
**Dupont Italian Kitchen**
202.328.3222
**Floriana Mercury Grill**
202.667.5937
**Hank's Oyster Bar 50%**
202.462.4265
**Jack's 50%**
202.332.6767
**Komi**
202-332-9200
**La Tomate TM**
202.667.5505
**Lauriol Plaza**
202.387.0035
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202.530.3621
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202.667.2100
**Nage Restaurant**
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202.466.3474
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202.223.1245
**Raku**
202.265.7258
**Rosemary's Thyme Bistro**
202.332.3200
**Sala Thai**
202.872.1144
**Skewers 50%**
202.387.7400
**Straits of Malaya**
202.483.1483
**Tabard Inn**
202.785.1277
**Thaiphoon**
202.667.3505
**The Melting Pot**
202.857.0777
**Urbana Restaurant & Wine Bar**
202.956.6650

**FOGGY BOTTOM/ WEST END**
**Aroma Indian Restaurant**
202.833.4700
**Grillfish**
202.331.7310
**Marshall's Bar & Grill**
202.333.1155

**GEORGETOWN**
**Café La Ruche 50%**
202.965.2684
**J. Paul's**
202.333.3450
**Neyla 50%**
202.333.6353
**Old Glory**
202.337.3406
**Paolo's**
202.333.7353
**Pizzeria Paradiso**
202.337.1245
**Ristorante Piccolo**
202.342.7414
**Zed's Ethiopian**
202.333.4710

**GLOVER PARK**
**Sushi Ko**
202.333.4187

**LOGAN CIRCLE**
**1409 Playbill Café**
202.265.3055
**Logan Tavern**
202.332.3710
**Merkado**
202.299.0018

**MOUNT PLEASANT**
**Dos Gringos Café**
202.462.1159
**Radius 35%**
202.234.0808
**Tonic 35%**
202.986.7661

**PENN QUARTER/ GALLERY PLACE**
**15 Squares American Bistro**
202.409.0555
**Ella's Wood Fired Pizza**
202.638.3434
**indebleu**
202.333.2538
**Mehak Indian Restaurant 50%**
202.408.9292

**SOUTHWEST**
**American Grill**
202.359.6106

**U STREET**
**Alero U Street**
202.462.2322
**Busboys & Poets 35%**
202.387.7638
**Coppi's**
202.319.7773
**Sala Thai**
202.462.1333
**Tabaq Bistro**
202.265.0965
**U-topia Art & Eat**
202.483.7669

**UPPER NORTHWEST**
**Arucola Osteria 35%**
202.244.1555
**Café Olé**
202.244.1330

**WOODLEY PARK**
**Medaterra**
202.797.0400
**Sake Club 35%**
202.332.2711

### Maryland

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301.951.0670
**bd's Mongolian BBQ**
301.657.1080
**Black's Bar & Kitchen**
301.652.5525
**Hard Times Café**
301.951.3300
**Persimmon**
301.654.9860
**Raku**
301.718.8680
**Sala Thai**
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**La Ferme**
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240.403.1163

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**Vicinio Ristorante Italiano**
301.588.3372
**zpizza ***
301.495.5536

**TAKOMA PARK**
**Mark's Kitchen**
301.270.1884

### Virginia

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**Chadwick's**
703.836.4442
**Foxfire Grill**
703.914.9280
**Hank's Oyster Bar 50%**
703.739.4265
**Tempo**
703.370.7900
**The Grille**
703.838.8000
**zpizza ***
703.600.1193

**ASHBURN**
**Sala Thai**
571.223.2423

**BALLSTON**
**The Melting Pot**
703.243.4490

**CLARENDON**
**Clarendon Grill**
703.524.7455
**Delhi Club 35%**
703.527.5666
**Sala Thai**
703.465.2900
**zpizza ***
703.528.2828

**COURTHOUSE**
**Il Radicchio 35%**
703.276.2627

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**Saigon Saigon**
703.412.0822
**Thaiphoon**
703.413.8200

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Café Luna
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Delhi Club
Dos Gringos Cafe
Ella's Wood Fired Pizza
Georgia Brown's
Guapo's – Shirlington
Grillfish
Hank's Oyster Bar – VA
Il Radicchio
La Ferme Restaurant
La Fourchette
La Plaza
Lauriol Plaza
Logan Tavern
Mark's Kitchen
Marshall's Bar & Grill
Merkado
Mr. Henry's Inc.
Panache Restaurant
Persimmon
Raku – Bethesda
Raku – Dupont
Ristorante Piccolo
Sake Club
Sesto Senso
Skewers
Tabard Inn
Tempo
The Heights
Tuscana West
Sala Thai – All Locations
zpizza * – All Locations

Visit **foodandfriends.org** for an up-to-date list of participating restaurants.
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# Local

# Jury: Execution for Prieto

## Man sentenced to 2 death sentences in Va. '88 rape-murder case

Prosecutors think Warren H. Fulton III was on his knees when Alfredo Prieto fatally shot him in the back. Then, they think, Prieto shot Fulton's girlfriend, Rachael A. Raver, and raped her as she lay dying. After eight weeks of listening to details of those two crimes, and of two other rape-murders attributed to Prieto, a Fairfax County jury Tuesday sentenced him to two death sentences.

Virginia will now contend with California to see who will be the first to get Prieto, 42, to the death chamber. Prieto was convicted in 1992 of raping and murdering a 15-year-old girl in Ontario, Calif., and received a death sentence, but his California appeals have as many as 10 more years ahead, and Virginia authorities think their process will be completed in five.

Prieto

The families of Fulton and Raver were in the courtroom to hear the denouement of a nearly 20-year odyssey that began with the discovery of the young couple's bodies in a vacant lot along Hunter Mill Road near Reston on Dec. 6, 1988.

The jury convicted Prieto of the two Fairfax slayings on Feb. 6. In order to obtain a death sentence, prosecutors then had to convince the jury either that the crimes were vile and depraved, or that Prieto posed a future danger to society.

To that end, prosecutors presented evidence of the May 1988 rape and shooting of Veronica Jefferson in Arlington, to which Prieto was linked by DNA, as well as records of his convictions in California for wounding three people in a drive-by shooting in 1984 and the rape and murder of Yvette Woodruff in September 1990.

Prieto's attorneys responded by attempting to prove that Prieto was mentally retarded and, thus, is ineligible for death under a U.S. Supreme Court ruling.

TOM JACKMAN (THE WASHINGTON POST)

IN The Washington Post | MAGNA CARTA BACK IN D.C.

SUSAN WALSH/AP

**NEW OWNER:** Baltimore native David Rubenstein, far right, who recently purchased one of only four remaining copies of the Magna Carta, inspects the script at the National Archives Monday. The document from 1297, the only copy currently in the U.S., will go on public display at the museum in March.
✤ **Proud American:** Rubenstein wants piece kept in the U.S. | **Today's Metro**

# TV Show Meant to Aid Police

## New 'America's Most Wanted'-type program airs in Mont. County

ROCKVILLE, MD. | Montgomery County now has its own version of the popular television show "America's Most Wanted" as police seek help catching local criminals.

The bimonthly program, "Be On the Lookout," started airing last month on the county's cable-access station. The 30-minute show includes interviews with officers about criminal investigations and ride-alongs that give viewers a passenger-seat view of police work. Plans for the program started taking shape in December, after the cable station and police department began sharing ideas about a crime show unique to the county.

Officer Melanie Hadley says the police department has photos, surveillance video and composite sketches of fugitive criminals but has never had such a good opportunity to get information to the public. (AP)

# Va. Senate Passes Mortgage Aid Bill

RICHMOND, VA. | Virginians with high-risk mortgages and who are facing foreclosure would get a one-month reprieve under legislation unanimously approved Monday by the state Senate.

Under the legislation, borrowers in default would receive a letter from the lender 10 days before a final acceleration notice.

The letter must provide contact information for at least three counseling agencies and inform the borrower that a 30-day extension will be granted upon request. The bill still needs House approval. (AP)

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# Local

JAMES A. PARCELL / TWP

Metro scrapped plans for bench seating.

## Metrorail Bench Idea Abandoned

**WASHINGTON** | Metro's general manager has decided against replacing rows of seats with bench-style seating along the sides of the transit agency's rail cars.

John Catoe says the change didn't free up space for more passengers in test cars, and Metro riders didn't like facing the center of the car. He says Metro wants to adopt changes that will make riders happy.

The bench-style seating in some test cars resembled the design of the New York City subway system. Catoe says Metro will continue to add more hand grips to rail cars for passengers who stand. The transit system also will continue to test the idea of adding padding at the front and back of the cars for riders to lean against. (AP)

## The Lotteries

**Monday, March 3**

**DISTRICT**

| | |
|---|---|
| Mid-day Lucky Numbers | 7-4-3 |
| Mid-day DC 4 | 2-8-3-9 |

**MARYLAND**

| | |
|---|---|
| Mid-day Pick 3 | 6-3-6 |
| Mid-day Pick 4 | 0-6-8-2 |

**VIRGINIA**

| | |
|---|---|
| Mid-day Pick 3 | 7-3-3 |
| Evening Pick 3 (Sun.) | 5-3-3 |
| Mid-day Pick 4 | 9-0-0-6 |
| Evening Pick 4 (Sun.) | 7-1-4-2 |
| Mid-day Cash 5 | 7-8-11-14-33 |
| Evening Cash 5 (Sun.) | 11-16-19-29-31 |

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.


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**Tysons Corner**
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**BUFFETT'S TAKE:** Billionaire Warren Buffett said Monday that the U.S. economy is essentially in a recession even if it hasn't met the technical definition of one yet. "I would say, by any commonsense definition, we are in a recession," Buffett said on CNBC.

# Money

# Adjusted for Inflation, Oil Tops Record High

## Barrel of crude trades for nearly $104 on the Mercantile Exchange

WASHINGTON | The price of oil gushed to a record high Monday, spreading dangerously to factories, groceries, gas stations and every citizen's pocketbook.

At one point on Monday, light, sweet crude reached $103.76 per barrel on the New York Mercantile Exchange. That's the level many analysts consider to be the true record high for oil, after its $38-per-barrel price from 1980 is translated into 2008 dollars.

Futures later retreated from that high to settle up 61 cents at $102.45.

The steep run-up in oil and other energy prices "hits deeper and deeper into the consumers' ability to spend. With a lot of households stretched by high food prices as well, it creates real problems," said Joel Naroff, president of Naroff Economic Advisors.

**0.7**

**The percentage food prices in the U.S. rose in January, according to the Labor Department's price index.**

Reports Monday showed factories feeling the sting of soaring costs for oil as well as other raw materials — pushing production costs higher even as some have to cope with fallout from a sour housing market that has sapped demand for their products. (AP)

## Market Action

### New York Stock Exchange

**Gainers**

| STOCK | LAST | DAILY CHANGE | DAILY PERCENT CHANGE |
|---|---|---|---|
| Diebold If | 38.84 | +14.72 | +61.0 |
| MF Globl n | 19.70 | +2.15 | +12.3 |
| Idearc | 5.33 | +.51 | +10.6 |
| Headwatrs | 13.41 | +1.15 | +9.4 |
| Midas | 16.52 | +1.39 | +9.2 |

**Losers**

| STOCK | LAST | DAILY CHANGE | DAILY PERCENT CHANGE |
|---|---|---|---|
| Thornbg | 4.32 | -4.58 | -51.5 |
| DeerfldCap | 3.24 | -3.25 | -50.1 |
| Indymac | 4.92 | -1.23 | -20.0 |
| Gensco | 24.77 | -5.18 | -17.3 |
| TRC Cos If | 4.22 | -.85 | -16.8 |

### NASDAQ Stock Market

**Gainers**

| STOCK | LAST | DAILY CHANGE | DAILY PERCENT CHANGE |
|---|---|---|---|
| STEN | 3.11 | +1.73 | +125.1 |
| FinLine | 3.97 | +1.14 | +40.3 |
| ICOP Dig | 2.64 | +.52 | +24.5 |
| Emageon | 2.79 | +.47 | +20.3 |
| Iomai | 1.14 | +.06 | +5.6 |

**Losers**

| STOCK | LAST | DAILY CHANGE | DAILY PERCENT CHANGE |
|---|---|---|---|
| Stereotaxis | 4.00 | -1.77 | -30.7 |
| RenegyH n | 4.38 | -1.62 | -27.0 |
| Netmanag | 3.84 | -.94 | -19.7 |
| USHmSy | 3.68 | -.81 | -18.0 |
| Simulatns s | 2.29 | -.46 | -16.8 |

| DOW | NASDAQ | S&P 500 |
|---|---|---|
| -7.49 | -12.88 | +0.71 |
| -0.06 | -0.57 | +0.05 |
| 12258.90 | 2258.60 | 1331.34 |

### Biotech Stocks

| STOCK | LAST | DAILY CHANGE | YEAR TO DATE PERCENT CHANGE |
|---|---|---|---|
| Amgen | 45.51 | -.01 | -2.0 |
| Amylin | 25.14 | -1.33 | -32.1 |
| BiogenIdc | 58.84 | +.48 | +3.4 |
| BioMarin | 37.90 | -.14 | +7.1 |
| Celgene | 56.30 | -.11 | +21.8 |
| ChRvLab | 57.97 | -.61 | -11.9 |
| Genentch | 79.18 | +3.43 | +18.1 |
| Genzyme | 72.21 | +1.29 | -3.0 |
| GileadSci s | 48.57 | +1.25 | +5.6 |
| Illumina | 72.88 | +.47 | +23.0 |
| Imclone | 44.71 | -.30 | +4.0 |
| Invitrogn | 83.61 | -.88 | -10.5 |
| MillPhar | 14.11 | +.12 | -5.8 |
| QIAGEN | 21.85 | -.14 | +3.8 |
| Techne | 69.76 | +1.37 | +5.6 |

### Rates

| | CURRENT | PREVIOUS WEEK |
|---|---|---|
| Prime Rate | 6.00 | 6.00 |
| Fed Funds close | 3.19 | 3.00 |
| 3-month disc | 1.79 | 2.16 |
| 2-year | 1.59 | 2.09 |
| 10-year | 3.53 | 3.90 |
| 30-year | 4.42 | 4.66 |

### Currency (Dollars in foreign currency)

| | TODAY | PREVIOUS DAY | YEAR AGO |
|---|---|---|---|
| British Pound | .5039 | .5029 | .5146 |
| Canadian Dollar | .9926 | .9832 | 1.1767 |
| European Euro | .6582 | .6582 | .7581 |
| Japanese Yen | 103.18 | 103.96 | 116.75 |
| Mexican Peso | 10.7065 | 10.7093 | 11.2072 |
| Taiwanese Dollar | 31.08 | 30.92 | 32.93 |

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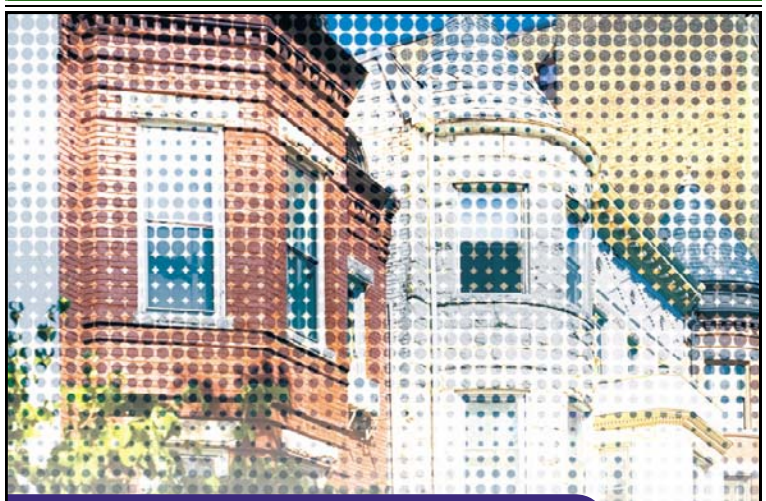


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**DUNN IN ATL:** Warrick Dunn was released by the Falcons on Monday, one day after the club signed free agent RB Michael Turner to a six-year, $34.5 million deal. Last season, Dunn became the 22nd back in NFL history to rush for 10,000 yards.

# Sports

## Swengali

**HOYAS HOOPS** | BY MATT SWENSON

### Luck Be a Hoya This Season

**MAYBE GEORGETOWN** made the right decision when it put crucifixes in all of its classrooms.

Some otherworldly force seems to be looking out for the school's men's basketball team this season.

This past weekend, senior guard Jonathan Wallace performed his own trinity of virtual miracles in the Hoyas' victory at Marquette.

First, he drew a foul while shooting a 3-pointer with 2.8 seconds left. Then the little general's final foul shot of regulation hit every part of the rim before falling into the basket. For his final act, Wallace banked a 3-pointer with a defender in his face to even the score in overtime.

**This past weekend, Jonathan Wallace performed his own trinity of virtual miracles.**

These are not isolated incidents this year on the Hilltop.

Wallace was part of another fluke play, in which he drew a foul with 0.1 second left in a tied game with Villanova. Fortunately for the Hoyas, Wallace — the team's best foul shooter — is the one getting these calls.

Add Patrick Ewing Jr.'s game-saving block that some thought was goaltending at West Virginia, and you have to say these Hoyas have luck on their side.

Clearly, Georgetown is good. Its defense is as good as there is in the country. Roy Hibbert is having a fine season, and the team keeps winning.

They say being lucky is better than good. We'll see how far being both gets Georgetown.

To reach Matt Swenson, e-mail matt.swenson@readexpress.com

# Redding: 'Could Be a Special Year'

## 30-year-old pitcher throws 3 scoreless innings in Nats win

**NATIONALS** | Tim Redding doesn't feel old at all.

"I turned 30 three weeks ago — maybe 30 is the new 20," Redding said Monday after pitching three scoreless innings in the Nationals' 3-2 victory over the Cardinals. "I feel really good. My arm feels good; there are no aches, no pains."

The six-year major league veteran allowed three singles, striking out one and walking none.

"I think this year could be a special year not just for me, but for this whole team," he said.

PHELAN M. EBENHACK/AP

Second baseman Willie Harris turns a double play during the Nationals' 3-2 win.

Redding pulled a muscle in his neck last week and was scratched from a start against the Marlins in Jupiter. He felt no restrictions Monday, and was able to throw all of his pitches without discomfort.

"He kept the ball down at the knees and was able to throw his breaking ball over the plate, too," Washington manager Manny Acta said. "And I liked the velocity — he had some giddyup."

After struggling in Nationals camp last spring, Redding started the 2007 season at Triple-A Columbus. In July, he was called up to Washington, where he finished 3-6 with a 3.64 ERA in 15 starts. Acta has said a starting job is Redding's to lose this spring.

Washington's Elijah Dukes hit a solo home run off Mitchell Boggs in the fifth, and St. Louis starter Braden Looper allowed one run and three hits in three innings.

"His first time out there, I thought he threw the ball well," Cardinals manager Tony La Russa said. "He got three solid innings in — a good day of work." (AP)

**1,000 strong:** People say the Tigers' lineup will score 1,000 runs. Fact or fiction? | **Today's Post, Sports**

**TENNIS** | FEDERER'S LATEST LOSING STREAK

KAMRAN JEBREILI/AP

**FIRST-ROUND GOODBYE:** Roger Federer walks off the court after losing to Andy Murray 6-7(6), 6-3, 6-4 in the Dubai Tennis Championships. It was his first match since losing in the Australian Open semifinals to Novak Djokovic.

**TICKET TIME:** Individual game tickets for the Nationals' first season at their new park go on sale on Tuesday at 9 a.m. Buyers are limited to no more than 19 games and 12 tickets per game (though each buyer is allowed just four tickets for Opening Day). Tickets can be bought on Nationals.com or by calling 888-632-NATS (6287). (EXPRESS)

# For Perennial Powers, The NIT Is a Possibility

## Some typically top-tier teams could end up out of the tournament

**COLLEGE HOOPS** | In many years, Arizona, Kentucky, Maryland and Syracuse would be a strong Final Four.

This year, it might be the NIT Final Four.

As the regular season winds down and conference tournaments tip off, the Terrapins, Orange and Wildcats — the Arizona and Kentucky varieties — are in bubble trouble.

If pedigree were all that matters, they'd have nothing to worry about on Selection Sunday. But while these powerhouses are long on tradition, at the moment they're short on victories.

"We are in desperation mode now," Arizona forward Chase Budinger said.

Arizona has reached the NCAA tournament 23 straight years, the nation's longest active streak. Kentucky has played in a record 48 NCAA tournaments, with seven titles and 13 Final Four appearances. Maryland and Syracuse have each won national titles in this decade.

PRESTON KERES/TWP

Maryland lost to Clemson on a late 3-pointer, hurting its tourney chances.

They aren't the only big names sweating the stretch run. Florida (21-8, 8-6 SEC), the two-time defending national champion, has lost five of eight and has few notable victories.

Ohio State (17-12, 8-8 Big Ten), which reached the national final last spring, beat the Gators in December but has lost five of its last six.

Big East bully Villanova (17-12, 7-9 Big East) also has work to do.

"We know we've got to win some games to get in the (NCAA) tournament," Florida freshman forward Adam Allen said Monday. "Nobody wants to go to the NIT. It's like the champion of the losers if you win that." ANDREW BAGNATO (AP)

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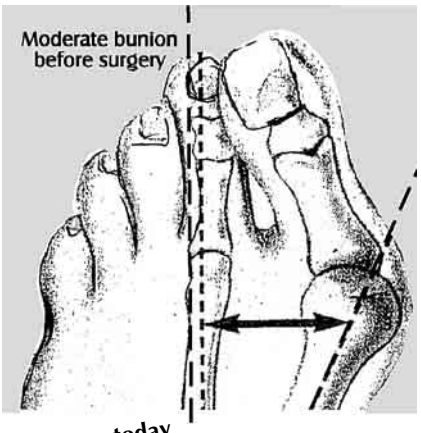


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## Sports

# Big Ben Signs for $102M

## QB Roethlisberger inks 8-year contract for $36M guaranteed

NFL | Ben Roethlisberger signed an eight-year extension worth $102 million with the Pittsburgh Steelers that makes him one of the NFL's highest-paid players.

The deal includes more than $36 million guaranteed and keeps Roethlisberger with the Steelers through 2015.

Roethlisberger

"Ben has been an outstanding leader on the field for the Steelers since his rookie year, and we are very happy to know that he will be our quarterback for many years to come," Steelers president Art Rooney II said in a statement.

Roethlisberger turned 26 on Sunday and said the contract was a great birthday present.

"This is about being a Pittsburgh Steeler for as long as I can be. I love Pittsburgh," Roethlisberger said.

The Pro Bowl quarterback led the Steelers to a Super Bowl victory two years ago and has been the starter all four of the seasons he's been with the team. (AP)

## TODAY'S TV LINEUP

**COLLEGE HOOPS (7 P.M. AND 9 P.M. ON ESPN)** Purdue is at Ohio State and Arkansas is at Mississippi as conference action heads into the final stretch. Plus, Kent State hosts Miami (Ohio).

**HOCKEY (7 P.M. ON VERSUS)** Buffalo would be the last team out if the playoffs started on Monday. The Sabres play Philadelphia, which is currently the last team in.

**SOCCER (2:30 P.M. ON ESPN2 AND 5 P.M. ON ESPN CLASSIC)** Arsenal is at AC Milan for the second leg of its Champions League matchup. Then, Barcelona hosts Celtic.

**38** | **The number of first-place votes** No. 1 UNC received Monday after then-No. 1 Tennessee lost to Vanderbilt. Memphis stayed at No. 2 with 21 first-place votes. No. 3 UCLA received 12 and one person voted the Vols No. 1 despite the loss.



# Moss Re-Signs With the Patriots

## Record-breaking WR will reportedly receive $27 million for 3 years

NFL | Randy Moss is staying with the New England Patriots.

The defending AFC champions re-signed the All-Pro receiver to a three-year deal that's reportedly worth $27 million. The deal was confirmed by the team after Moss posted a message on his Web site.

"I want to take time out to thank all of the fans for their support and for wishing me well in my return to New England," Therealrandymoss.com quotes him as saying. "I'm ready to get back. We have some unfinished business to take care of."

Paring Moss with NFL MVP Tom Brady, the Patriots set offensive records and breezed through the regular season with a perfect record before losing in the Super Bowl.

JULIE JACOBSON/AP

WR Randy Moss caught a record 23 touchdowns with the Patriots last year.

"What Randy did for our team last year was outstanding," Patriots coach Bill Belichick said in a statement. "He is one of our most consistent, competitive and team-oriented players, and it is undoubtedly a relationship we are excited to continue." JIMMY GOLEN (AP)

## HEARSAY | SUBJECT

"I don't want to get hurt again. Two injuries back-to-back kind of messes with a guy mentally. ... I don't want to go through that again."

—WIZARDS GUARD GILBERT ARENAS TO THE WASHINGTON POST ON BEING CLEARED TO PRACTICE AT FULL SPEED THIS WEEK. ARENAS HAS BEEN OUT SINCE NOV. 15 AFTER RE-AGGRAVATING A KNEE INJURY FROM LAST

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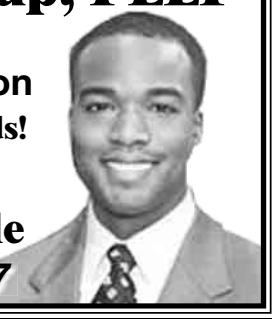



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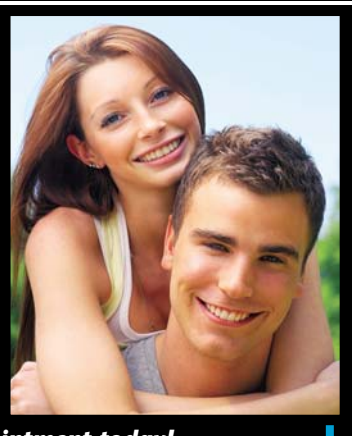

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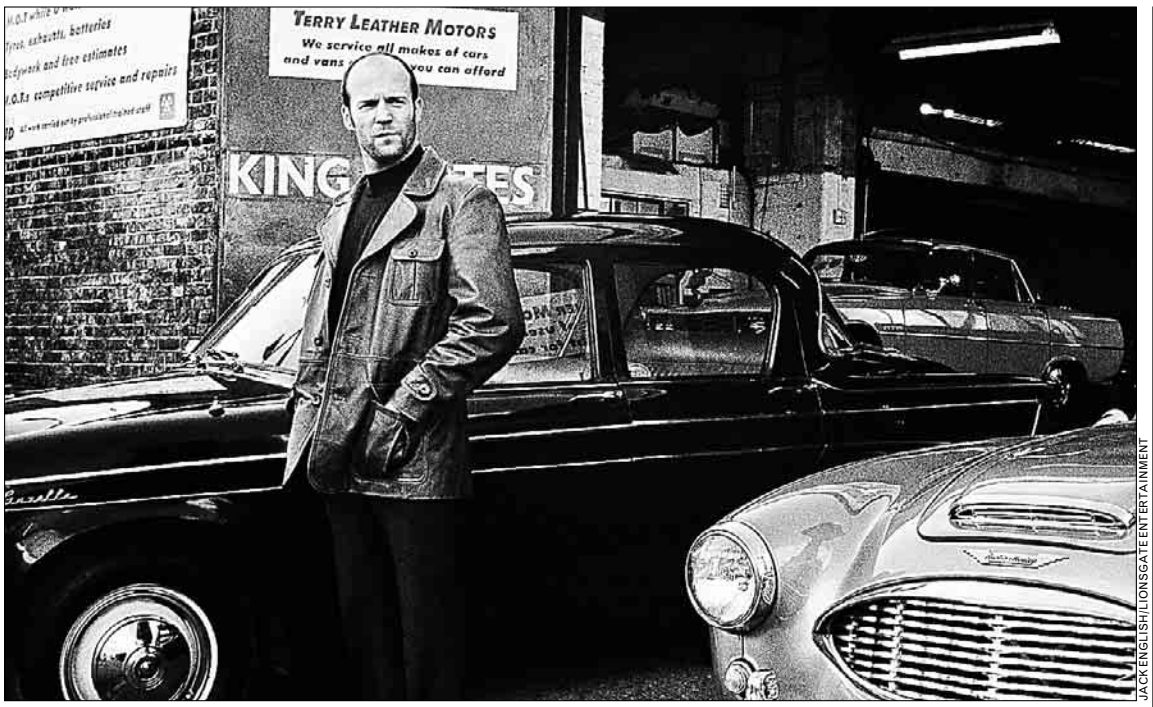
**FREED BIRD:** Tim Allen will direct, as well as star in, "Crazy on the Outside," an indie comedy about an ex-con who finds life beyond bars challenging. Ray Liotta, Kelsey Grammer and Julie Bowen are in negotiations to round out the cast.

# Entertainment




JACK ENGLISH/LIONSGATE ENTERTAINMENT

**UNDERCOVER OPERATION:** Jason Statham stars as Terry, a car dealer who turns to robbery and tunnel-digging in tough times.

# Criminal Mole

## Jason Statham goes underground for cash in 'The Bank Job'

HEIST | Having starred in his share of action films, actor Jason Statham was looking forward to doing a comedy when he signed on to "The Bank Job," opening Friday.

"The first draft I saw was very, very funny," recalls the London-born star.

Statham was a longtime fan of "The Bank Job's" writers, Dick Clements and Ian La Frenais, for their work on British TV comedies. The script he saw went through rewrites as new details were uncovered about the actual 1971 London bank robbery on which the story is based. "They just started finding all these facts — the scandal side — and it just took a complete turn and became this thriller," Statham recalls.

Statham stars as Terry, a car dealer with a dodgy past. When an old girlfriend (Saffron Burrows) shows up with a scheme to knock over a bank, the cash-poor family man decides to go for broke. He recruits several criminal pals to help him with the break-in, which involves digging a tunnel from a leased storefront two doors down. Little do Terry and his friends know that they're being set up, but the robbers prove to be more resourceful than expected.

Dubbed the "Walkie-Talkie Robbery," the crime-in-progress was discovered by an amateur radio operator who alerted Scotland Yard. Though the police checked on hundreds of banks during the weekend for signs of a break-in, the struck bank wasn't discovered until Monday. Owing to the sensitive nature of the items stolen, the robbery was allegedly hushed up.

Directed by Roger Donaldson ("No Way Out," "The Recruit"), the film co-stars Richard Lintern, Stephen Campbell Moore and David Suchet.

Statham, born a year after the robbery, thought it was an urban legend until he got the script. "It was all hush-hush," he says. "There was a blanket put on the press."

While many of the surviving conspirators went underground, never to be heard from again, the filmmakers managed to find one of them, now in his 70s, who provided some insight into the event. Remarkably, Statham, who'd already been cast when they found the fellow, bears a striking resemblance to him.

Statham says he didn't ask too many personal questions, out of respect. "You don't want to go down that line and behave like a bit of an imbecile," he explains. "You try and make him feel as comfortable about the fact that he's even talking to you about such a thing." ANGELA DAWSON (ENTERTAINMENT NEWS WIRE)

# 'Idol' Gal's Hair-Raising Shift

## Rocker Overmyer is singing competition's wayward daughter

TURNABOUTS | A funny thing happened to rockin' nurse Amanda Overmyer on her way to "American Idol" victory: She started to lose.

The first signs came two weeks ago, when she turned in an uneven performance of "Baby, Please Don't Go" — a song that features a smattering of scat singing, which seemed to test Overmyer's ability to keep time.

But that was just a crackle of lightning. The storm came last week.

That's when Overmyer, clad in pants even Def Leppard wouldn't have donned and with a hairstyle fit for the Bride of Frankenstein, warbled her way through Kansas' "Carry on My Wayward Son."

"I couldn't wait for it to finish," grumbled judge Simon Cowell.

It was a mighty fall for Overmyer, who sailed past her auditions in a chorus of praise.

FOX

Amanda Overmyer's scary 'do helped quicken her slide on "American Idol."

### readexpress.com

Greg Barber keeps the highlights on-screen, not in his hair. Read his "Idol" recaps all this week at **readexpress.com/idol**

Can she be saved? Maybe. When she belted out hard-charging hits like Creedence Clearwater Revival's "Traveling Band," she was dynamite. She'll need to reignite that old spark, or viewers will likely make her take a powder. GREG BARBER (EXPRESS)

## Today's Top Stops

FOR MORE TOP STOPS AND ENTERTAINMENT FEATURES, VISIT READEXPRESS.COM

JEROME CHARYN

### 1 Talkin' About a Revolution

Highly decorated author Jerome Charyn is ready to spend the evening talking good literature (that he wrote, of course) with all war fiction buffs out there — you know who you are. In his latest book, "Johnny One-Eye," double agent John Stocking has wildly quick-paced adventures on both sides of the American Revolution.

→ *Politics & Prose, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1919. (Van Ness-UDC)*

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If so, hop down to ESPN Zone after work for "Anthem Idol," a singing competition for all ages. A panel of local personalities and the audience will select a winner to perform the national anthem at an upcoming Capitals home game.

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ARM-WRESTLING TOURNAMENT

### 3 Skip the Elbow Grease

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# REGAL ENTERTAINMENT GROUP

## GALLERY PLACE STADIUM 14
701 Seventh St NW — 800-FANDANGO 1721#

*Adv. Tix on Sale* HORTON HEARS A WHO (G) ★
*Adv. Tix on Sale* 10,000 BC (PG-13) ★
SEMI-PRO (R) - ID REQ'D ★ (1215 100 245) 345 515 645 745 915 1015
THE OTHER BOLEYN GIRL (PG-13) (1245) 400 715 1020
PENELOPE (PG) (1150 220) 455 730 955
CHARLIE BARTLETT (R) - ID REQ'D (1210 240) 510 755 1025
VANTAGE POINT (PG-13) (1200 110 235) 330 500 630 740 900 1010
U2 3D CONCERT MOVIE - $2.50 FEE FOR 3D (G) ★ (1250 315 530) 750 1000
OC & DA: DEFINITELY, MAYBE (PG-13) 410 1005
STEP UP 2 THE STREETS (PG-13) (1220 250) 545 810 1035
JUMPER (PG-13) (1205 225) 440 710 950
SPIDERWICK CHRONICLES (PG) (1145 210) 435 700 935
DEFINITELY MAYBE (PG-13) (1230) 720
IN BRUGES (R) - ID REQ'D (1155 230) 505 800 1030
WELCOME HOME ROSCOE JENKINS (PG-13) (1240) 350 650 945

## BALLSTON COMMON STADIUM 12
Glebe Rd, Arlington — 800-FANDANGO 377#

*Adv. Tix on Sale* HORTON HEARS A WHO (G) ★
THE OTHER BOLEYN GIRL (PG-13) (130 435) 730 1025
PENELOPE (PG) (140 420) 700 940
WITLESS PROTECTION (PG-13) (100) PM
BE KIND REWIND (PG-13) (110 400) 640 920
CHARLIE BARTLETT (R) - ID REQ'D (340) 620 900
VANTAGE POINT (PG-13) (1240 225 305 450 530) 740 820 1005
STEP UP 2 THE STREETS (PG-13) (205 440) 720 955
FOOL'S GOLD (PG-13) (135 425) 725 1015
THERE WILL BE BLOOD (R) - ID REQ'D (1230 410) 750
ATONEMENT (R) - ID REQ'D (1230 330) 630 930
JUNO (PG-13) (155 430) 710 950
NO COUNTRY FOR OLD MEN (R) - ID REQ'D (230 520) 810

## BOWIE STADIUM 14
15200 Major Lansdale Blvd — 800-FANDANGO 454#

*Adv. Tix on Sale* HORTON HEARS A WHO (G) ★
*Adv. Tix on Sale* 10,000 BC (PG-13) ★
SEMI-PRO (R) - ID REQ'D ★ (100 200 315 415 530) 630 745 845 1000
VANTAGE POINT (PG-13) (100 145 315 400 530) 615 800 900 1015
WELCOME HOME ROSCOE JENKINS (PG-13) (115 230 345 500) 645 800 930 1030
NO COUNTRY FOR OLD MEN (R) - ID REQ'D (100 345) 700 1015
BE KIND REWIND (PG-13) (215 500) 730 1015
STEP UP 2 THE STREETS (PG-13) (115 330) 815 1045
JUMPER (PG-13) (145 400) 615 830 1045
SPIDERWICK CHRONICLES (PG) (230 515) 730 945
DEFINITELY MAYBE (PG-13) (130 430) 700 930
FOOL'S GOLD (PG-13) (215 445) 715 945
HANNAH MONTANA CONCERT 3D (G) ★ 130 330 630
U2 3D CONCERT MOVIE - $2.50 FEE FOR 3D (G) ★ 830 1030

## BETHESDA 10
7272 Wisconsin Avenue — 800-FANDANGO 569#

*Adv. Tix on Sale* HORTON HEARS A WHO (G) ★
*Adv. Tix on Sale* 10,000 BC (PG-13) ★
PENELOPE (PG) (210 440) 715 950
SEMI-PRO (R) - ID REQ'D ★ (100 310 520) 730 940
CHARLIE BARTLETT (R) - ID REQ'D (230 500) 745 1010
VANTAGE POINT (PG-13) (100 210 310 420 520) 630 730 840 940
STEP UP 2 THE STREETS (PG-13) (100 320 540) 800 1020
JUMPER (PG-13) (110 320 530) 745 1000
SPIDERWICK CHRONICLES (PG) (200 430) 700 920
DEFINITELY MAYBE (PG-13) (145 430) 715 950
CHARLIE WILSON'S WAR (R) - ID REQ'D (245 515) 800 1020

## POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy — 800-FANDANGO 690#

*Adv. Tix on Sale* HORTON HEARS A WHO (G) ★
*Adv. Tix on Sale* 10,000 BC (PG-13) ★
PENELOPE (PG) (200 440) 720 1000
SEMI-PRO (R) - ID REQ'D ★ (210 250 435 515) 700 740 925 1005
WITLESS PROTECTION (PG-13) (110) PM
VANTAGE POINT (PG-13) (130 230 355 455) 630 730 855 955
U2 3D CONCERT MOVIE - $2.50 FEE FOR 3D (G) ★ 835 PM
OC & DA: DEFINITELY, MAYBE (PG-13) (500) 1040
DEFINITELY MAYBE (PG-13) (140) 750
STEP UP 2 THE STREETS (PG-13) (115 415) 650 950
JUMPER (PG-13) (205 305 430 530) 710 810 935 1035
SPIDERWICK CHRONICLES (PG) (120 410) 640 915
WELCOME HOME ROSCOE JENKINS (PG-13) (135 345 425) 655 735 945 1025
FOOL'S GOLD (PG-13) (220 520) 820
HANNAH MONTANA CONCERT 3D (G) ★ (400) 150 620
UNTRACEABLE (R) - ID REQ'D (1250 330) 610 850
27 DRESSES (PG-13) (225 510) 800

## COUNTRYSIDE STADIUM 20
45980 Regal Plaza — 800-FANDANGO 394#

*Adv. Tix on Sale* HORTON HEARS A WHO (G) ★
*Adv. Tix on Sale* 10,000 BC (PG-13) ★
SEMI-PRO (R) - ID REQ'D ★ (1200 100 230 330 450 550) 710 820 940 1035
U2 3D CONCERT MOVIE - $2.50 FEE FOR 3D (G) ★ 915 PM
HANNAH MONTANA CONCERT 3D (G) ★ 1250 300 500 700
THE OTHER BOLEYN GIRL (PG-13) (150 430) 730 1020
PENELOPE (PG) (1210 240 510) 745 1010
VANTAGE POINT (PG-13) (1215 105 250 350 515) 615 740 840 1000
JUMPER (PG-13) (1240 310 540) 810 1030
BE KIND REWIND (PG-13) (1150 220 520) 800 1025
CHARLIE BARTLETT (R) - ID REQ'D (1220 305 530) 750 1015
SPIDERWICK CHRONICLES (PG) (1140 120 210 340 440) 620 720 900
STEP UP 2 THE STREETS (PG-13) (145 400) 630 850
WITLESS PROTECTION (PG-13) 950 PM
DEFINITELY MAYBE (PG-13) (110) 645
FOOL'S GOLD (PG-13) (130 410) 650 945
THERE WILL BE BLOOD (R) - ID REQ'D (140 505) 830
NATIONAL TREASURE: BOOK OF SECRETS (PG) (1230 320) 625 920
ATONEMENT (R) - ID REQ'D (1245 345) 635 925
JUNO (PG-13) (1145 200 420) 640 910
NO COUNTRY FOR OLD MEN (R) - ID REQ'D (115 415) 715 1005
OC & DA: DEFINITELY, MAYBE (PG-13) (405) 930

## ROCKVILLE CENTER STADIUM 13
Rockville Town Center — 800-FANDANGO 248#

*Adv. Tix on Sale* HORTON HEARS A WHO (G) ★
*Adv. Tix on Sale* 10,000 BC (PG-13) ★
SEMI-PRO (R) - ID REQ'D ★ (1245 200 300 430 530) 700 800 930 1030
THE OTHER BOLEYN GIRL (PG-13) (115 415) 715 1015
PENELOPE (PG) (145 445) 730 1000
VANTAGE POINT (PG-13) (1215 230 500) 730 1000
U2 3D CONCERT MOVIE - $2.50 FEE FOR 3D (G) ★ 915 PM
JUMPER (PG-13) (1245 300 515) 745 1015
STEP UP 2 THE STREETS (PG-13) (1245 315 545) 815 1035
SPIDERWICK CHRONICLES (PG) (100 400) 645 915
DEFINITELY MAYBE (PG-13) (130 445) 745 1030
HANNAH MONTANA CONCERT 3D (G) ★ 1230 245 500 715
THERE WILL BE BLOOD (R) - ID REQ'D (1200 320) 645 1015
JUNO (PG-13) (200 430) 700 930 1155
ATONEMENT (R) - ID REQ'D (345) 630
CHARLIE BARTLETT (R) - ID REQ'D (115) 915

## FAIRFAX TOWNE CENTER 10
4110 W Ox Road — 800-FANDANGO 670#

SEMI-PRO (R) - ID REQ'D ★ (120 200 340 420) 650 730 910 950
NO COUNTRY FOR OLD MEN (R) - ID REQ'D (125 410) 700 955
THERE WILL BE BLOOD (R) - ID REQ'D (100 425) 750
SPIDERWICK CHRONICLES (PG) (110 150 350 430) 630 710 920
JUMPER (PG-13) (210 440) 640 720 900 940
HANNAH MONTANA CONCERT 3D (G) ★ (140 345) 600
U2 3D CONCERT MOVIE - $2.50 FEE FOR 3D (G) ★ 800 1010
WELCOME HOME ROSCOE JENKINS (PG-13) (105 405) 715 1000
WITLESS PROTECTION (PG-13) 930 PM

## GERMANTOWN STADIUM 14
20000 Century Blvd — 800-FANDANGO 455#

*Adv. Tix on Sale* HORTON HEARS A WHO (G) ★
*Adv. Tix on Sale* 10,000 BC (PG-13) ★
SEMI-PRO (R) - ID REQ'D ★ (100 215 330 445 545) 715 815 945 1030
THE OTHER BOLEYN GIRL (PG-13) (130 430) 730 1015
PENELOPE (PG) (115 415) 700 945
VANTAGE POINT (PG-13) (130 230 345 500) 730 830 1000 1045
NO COUNTRY FOR OLD MEN (R) - ID REQ'D (100 345) 630 930
THERE WILL BE BLOOD (R) - ID REQ'D 930 PM
WITLESS PROTECTION (PG-13) (200) 1045
CHARLIE BARTLETT (R) - ID REQ'D (500) 800
DEFINITELY MAYBE (PG-13) (100) 645
OC & DA: DEFINITELY, MAYBE (PG-13) (400) 915
STEP UP 2 THE STREETS (PG-13) (245 515) 745 1030
JUMPER (PG-13) (145 430) 745 1015
SPIDERWICK CHRONICLES (PG) (145 415) 630 915
WELCOME HOME ROSCOE JENKINS (PG-13) 1000 PM
FOOL'S GOLD (PG-13) (115 400) 645
JUNO (PG-13) (200 445) 700

## UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr — 800-FANDANGO 570#

*Adv. Tix on Sale* HORTON HEARS A WHO (G) ★
*Adv. Tix on Sale* 10,000 BC (PG-13) ★
THE OTHER BOLEYN GIRL (PG-13) (115 400) 700 1010
PENELOPE (PG) (200 445) 730 1010
SEMI-PRO (R) - ID REQ'D ★ (230 500) 745 1020
CHARLIE BARTLETT (R) - ID REQ'D 1000 PM
VANTAGE POINT (PG-13) (200 430) 715 945
JUMPER (PG-13) (230) 800
STEP UP 2 THE STREETS (PG-13) (215 515) 815 1035
SPIDERWICK CHRONICLES (PG) (140 405) 630 925
DEFINITELY MAYBE (PG-13) (130 405) 645 945
WELCOME HOME ROSCOE JENKINS (PG-13) (215 500) 745 1030
FOOL'S GOLD (PG-13) (130) 645
THERE WILL BE BLOOD (R) - ID REQ'D (100 430) 800
BUCKET LIST (PG-13) (415) 925
NATIONAL TREASURE: BOOK OF SECRETS (PG) (100 400) 700
ATONEMENT (R) - ID REQ'D (140) 715
JUNO (PG-13) (445) 1000
NO COUNTRY FOR OLD MEN (R) - ID REQ'D (115 415) 730 1020
OC & DA: JUMPER (PG-13) (515) 1030

## MANASSAS STADIUM 14
11380 Bulloch Drive — 800-FANDANGO 490#

*Adv. Tix on Sale* HORTON HEARS A WHO (G) ★
*Adv. Tix on Sale* 10,000 BC (PG-13) ★
SEMI-PRO (R) - ID REQ'D ★ (1140 1220 230 415 445) 710 740 930 1000
THE OTHER BOLEYN GIRL (PG-13) (1240 400) 640 920
PENELOPE (PG) (1235 350) 650 950
WITLESS PROTECTION (PG-13) (1200) 720
VANTAGE POINT (PG-13) (1205 1250 220 335 430) 655 725 945 1015
STEP UP 2 THE STREETS (PG-13) (1145 205 425) 645 920
JUMPER (PG-13) (1135 155 420) 715 955
SPIDERWICK CHRONICLES (PG) (1150 210 500) 755 1030
DEFINITELY MAYBE (PG-13) (1130 215 450) 730 1025
WELCOME HOME ROSCOE JENKINS (PG-13) (330) 1005
FOOL'S GOLD (PG-13) (1230 340) 735 1020
HANNAH MONTANA CONCERT 3D (G) ★ 1245 305 505 705
THERE WILL BE BLOOD (R) - ID REQ'D 925 PM
JUNO (PG-13) (1140 200 435) 745 1010

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## AMC HOFFMAN CENTER 22
Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

### DIGITAL 3D
**U2 3D (G)** 9:50 PM
**HANNAH MONTANA & MILEY CYRUS: BEST OF BOTH WORLDS CONCERT DIGITAL 3D $15 (G)** 3:00, 5:15, 7:30

**SEMI-PRO (R)** ✓ 1:15, 3:05, 3:55, 5:30, 6:30, 8:00, 9:00
**CHARLIE BARTLETT (R)** 1:25, 4:10, 6:55, 9:30
**VANTAGE POINT (PG13)** 1:45, 3:20, 4:15, 5:45, 6:45, 8:15, 9:15
**WITLESS PROTECTION (PG13)** 3:25, 5:50
**GEORGE A. ROMERO'S DIARY OF THE DEAD (R)** 10:10 PM
**DEFINITELY, MAYBE (PG13)** 1:10, 4:30, 7:20, 10:15
**JUMPER (PG13)** 1:30, 2:50, 4:05, 5:25, 6:40, 7:50, 9:40
**JUMPER (PG13)** [D] [CC] 2:50, 5:25, 7:50
**THE SPIDERWICK CHRONICLES (PG)** 1:20, 2:05, 4:20, 4:40, 7:05, 7:35, 9:45
**STEP UP 2 THE STREETS (PG13)** 1:40, 3:15, 4:25, 5:55, 7:10, 8:40, 10:05
**FOOL'S GOLD (PG13)** 1:05, 3:45, 6:50, 9:35
**WELCOME HOME ROSCOE JENKINS (PG13)** 1:00, 3:50, 7:15, 8:30, 10:00

**AMC SELECT**
**THE OTHER BOLEYN GIRL (PG13)** ✓ 2:30, 6:20, 9:30
**PENELOPE (PG)** ✓ 1:35, 4:00, 6:35, 9:05
**BE KIND REWIND (PG13)** 3:30, 6:15, 9:20
**NO COUNTRY FOR OLD MEN (R)** 3:10, 6:10, 9:10
**THERE WILL BE BLOOD (R)** 2:10, 6:05, 9:25
**JUNO (PG13)** 1:50, 4:35, 7:25, 9:55

## AMC COLUMBIA MALL 14
10300 Patuxent Parkway
703-998-4AMC

### DIGITAL 3D
**U2 3D (G)** 9:05 PM
**HANNAH MONTANA & MILEY CYRUS: BEST OF BOTH WORLDS CONCERT DIGITAL 3D $15 (G)** 12:25, 2:35, 4:45, 6:55

**SEMI-PRO (R)** 12:40, 3:00, 5:20, 7:40, 10:00
**CHARLIE BARTLETT (R)** 7:25
**VANTAGE POINT (PG13)** 12:30, 2:45, 5:00, 7:20, 9:40
**WITLESS PROTECTION (PG13)** 1:20
**DEFINITELY, MAYBE (PG13)** 12:50, 3:40, 6:30, 9:20
**JUMPER (PG13)** 12:55, 3:10, 5:30, 7:50, 10:05
**THE SPIDERWICK CHRONICLES (PG)** 1:40, 4:10, 6:35, 9:00
**STEP UP 2 THE STREETS (PG13)** 2:20, 4:50, 7:30, 9:55
**FOOL'S GOLD (PG13)** 4:00, 6:45, 9:15
**WELCOME HOME ROSCOE JENKINS (PG13)** 1:30, 4:15, 7:00, 9:35
**27 DRESSES (PG13)** 4:40, 9:50

**AMC SELECT**
**THE OTHER BOLEYN GIRL (PG13)** 1:45, 4:25, 7:05, 9:45
**PENELOPE (PG)** 12:20, 2:40, 4:55, 7:10, 9:25
**NO COUNTRY FOR OLD MEN (R)** 1:00, 3:50, 6:40, 9:30
**JUNO (PG13)** 12:35, 2:55, 5:25, 7:45, 10:10
**JUNO (PG13)** [D] [CC] 2:55, 5:25, 7:45, 10:10

## LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441

**SEMI-PRO (R)** 2:50, 5:00, 7:30, 10:00
**CHARLIE BARTLETT (R)** 1:05, 3:10, 5:35, 8:00, 10:30
**VANTAGE POINT (PG13)** 1:00, 3:00, 5:20, 7:45, 10:10
**DEFINITELY, MAYBE (PG13)** 1:20, 4:10, 6:55, 9:55
**JUMPER (PG13)** 2:35, 4:50, 7:10, 9:35
**STEP UP 2 THE STREETS (PG13)** 2:30, 4:55, 7:20, 9:45

**AMC SELECT**
**PENELOPE (PG)** 2:55, 5:10, 7:40, 10:10
**THE OTHER BOLEYN GIRL (PG13)** 1:40, 4:20, 7:15, 10:05
**BE KIND REWIND (PG13)** 2:15, 4:40, 7:05, 9:40
**IN BRUGES (R)** 2:40, 5:15, 7:55, 10:30
**NO COUNTRY FOR OLD MEN (R)** 1:45, 4:30, 7:25, 10:15
**THERE WILL BE BLOOD (R)** 3:30, 7:00, 10:20
**ATONEMENT (R)** 1:10, 3:50, 9:50
**JUNO (PG13)** 3:05, 5:25, 7:50, 10:25
**JUNO (PG13)** [CC] 3:05, 5:25, 7:50, 10:25

## AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

### DIGITAL 3D
**U2 3D (G)** 9:30 PM
**HANNAH MONTANA & MILEY CYRUS: BEST OF BOTH WORLDS CONCERT DIGITAL 3D $15 (G)** 1:05, 3:20, 5:25, 7:30

**SEMI-PRO (R)** ✓ 1:15, 2:50, 3:35, 5:15, 6:00, 7:40, 8:25, 9:55
**CHARLIE BARTLETT (R)** 2:35, 5:10, 7:45, 10:10
**VANTAGE POINT (PG13)** 1:25, 3:05, 3:50, 5:30, 6:15, 7:55, 8:45, 10:20
**WITLESS PROTECTION (PG13)** 1:45, 4:10
**DEFINITELY, MAYBE (PG13)** 1:10, 4:05, 7:00, 9:50
**JUMPER (PG13)** 1:00, 3:15, 5:40, 6:50, 7:55, 9:05, 10:10
**JUMPER (PG13)** [D] [CC] 1:00, 3:15, 5:40, 7:55, 10:10
**THE SPIDERWICK CHRONICLES (PG)** 1:30, 3:10, 3:55, 5:35, 8:00, 10:20
**STEP UP 2 THE STREETS (PG13)** 2:30, 5:00, 6:30, 7:25, 9:00, 9:45
**FOOL'S GOLD (PG13)** 2:15, 4:55, 7:35, 10:15
**WELCOME HOME ROSCOE JENKINS (PG13)** 1:40, 4:30, 7:20, 10:00

**AMC SELECT**
**THE OTHER BOLEYN GIRL (PG13)** ✓ 1:20, 4:15, 7:10, 10:05
**PENELOPE (PG)** ✓ 2:10, 4:35, 7:05, 9:25
**BE KIND REWIND (PG13)** 2:20, 4:50, 7:35, 10:15
**NO COUNTRY FOR OLD MEN (R)** 1:00, 3:45, 6:45, 9:40

## AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

**SEMI-PRO (R)** ✓ 3:00, 5:25, 8:00
**DEFINITELY, MAYBE (PG13)** 2:50, 5:30, 8:10
**JUMPER (PG13)** 2:45, 5:00, 7:20
**THE SPIDERWICK CHRONICLES (PG)** 2:30, 4:50, 7:10
**THE BUCKET LIST (PG13)** 3:10, 5:35, 7:50
**CHARLIE WILSON'S WAR (R)** 2:40, 5:10, 7:30

**AMC SELECT**
**IN BRUGES (R)** 2:35, 5:15, 7:40
**THE KITE RUNNER (PG13)** 4:10, 7:00

## MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220

**SEMI-PRO (R)** 2:15, 4:45, 7:15, 9:45
**VANTAGE POINT (PG13)** 12:15, 2:45, 5:15, 7:45, 10:10
**JUMPER (PG13)** 12:05, 1:30, 2:30, 4:05, 5:00, 6:30, 7:30, 9:05, 10:05
**JUMPER (PG13)** [CC] 1:30, 4:05, 6:30, 9:05
**THE SPIDERWICK CHRONICLES (PG)** 12:10, 2:40, 5:10, 7:40, 10:10
**STEP UP 2 THE STREETS (PG13)** 1:25, 2:25, 3:55, 4:55, 6:25, 7:25, 9:55
**WELCOME HOME ROSCOE JENKINS (PG13)** 12:30, 1:15, 3:00, 4:05, 6:05, 7:00, 9:00, 10:00
**THE EYE (PG13)** 2:10, 4:40, 7:10, 9:40
**FIRST SUNDAY (PG13)** 12:05, 2:35, 5:05, 7:35, 10:05

**AMC SELECT**
**BE KIND REWIND (PG13)** 2:05, 4:35, 7:05, 9:35

## LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

**THE BAND'S VISIT (PG13)** 1:40, 4:20, 7:50

**AMC SELECT**
**THE OTHER BOLEYN GIRL (PG13)** 1:30, 4:10, 7:00
**BE KIND REWIND (PG13)** 2:30, 4:50, 7:20
**IN BRUGES (R)** 2:20, 5:00, 7:30
**NO COUNTRY FOR OLD MEN (R)** 4:40, 7:40
**THERE WILL BE BLOOD (R)** 2:10, 5:20, 8:30
**ATONEMENT (R)** 1:50
**JUNO (PG13)** 2:00, 4:30, 7:10

## LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

**JUMPER (PG13)** 3:00, 5:30, 8:00

## AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

### DIGITAL 3D
**HANNAH MONTANA & MILEY CYRUS: BEST OF BOTH WORLDS CONCERT DIGITAL 3D $15 (G)** 12:45, 2:45

### DIGITAL PRESENTATION
**SEMI-PRO (R)** 4:55, 7:10, 9:25

**SEMI-PRO (R)** 1:30, 3:45, 5:55, 8:20, 10:35
**CHARLIE BARTLETT (R)** 7:00, 9:30
**VANTAGE POINT (PG13)** 1:05, 3:25, 5:40, 8:05, 10:25
**WITLESS PROTECTION (PG13)** 2:10
**DEFINITELY, MAYBE (PG13)** 1:25, 4:25, 7:20, 10:20
**JUMPER (PG13)** 1:15, 3:35, 5:00, 5:55, 7:15, 8:30, 9:45, 10:45
**THE SPIDERWICK CHRONICLES (PG)** 12:55, 1:55, 3:20, 4:30, 5:50, 8:15, 10:45
**STEP UP 2 THE STREETS (PG13)** 2:00, 4:45, 7:50, 10:10
**FOOL'S GOLD (PG13)** 1:50, 4:20, 7:10, 9:55

**AMC SELECT**
**THE OTHER BOLEYN GIRL (PG13)** 1:35, 4:20, 7:05, 9:50
**PENELOPE (PG)** 12:50, 3:05, 5:30, 7:45, 10:05
**BE KIND REWIND (PG13)** 12:50, 3:15, 5:45, 8:15, 10:40
**NO COUNTRY FOR OLD MEN (R)** 1:45, 4:40, 7:30, 10:30
**THERE WILL BE BLOOD (R)** 1:00, 4:35, 8:10
**JUNO (PG13)** 1:10, 3:30, 5:45, 8:05, 10:35
**JUNO (PG13)** [D] [CC] 1:10, 3:30, 5:45, 8:05, 10:35

## AMC MAZZA GALLERIE
Jenifer and Wisconsin
202-537-9553

**SEMI-PRO (R)** ✓ 2:15, 4:40, 7:00
**VANTAGE POINT (PG13)** 2:45, 5:15, 7:20, 8:00
**DEFINITELY, MAYBE (PG13)** 1:50, 4:45, 7:30
**THE SPIDERWICK CHRONICLES (PG)** 2:10, 4:25, 7:10
**STEP UP 2 THE STREETS (PG13)** 2:30, 5:00, 7:50
**MICHAEL CLAYTON (R)** 1:45, 4:30

**AMC SELECT**
**THE OTHER BOLEYN GIRL (PG13)** ✓ 2:00, 4:50, 7:40

## LOEWS RIO CINEMAS 18
9811 Washingtonian Boulevard
301-948-0906

### DIGITAL 3D
**U2 3D (G)** 10:00 PM
**HANNAH MONTANA & MILEY CYRUS: BEST OF BOTH WORLDS CONCERT DIGITAL 3D $15 (G)** 3:00, 5:15, 7:35

**SEMI-PRO (R)** ✓ 1:05, 2:10, 3:35, 4:45, 6:05, 7:15, 8:30, 9:40
**CHARLIE BARTLETT (R)** 2:05, 4:35, 7:20, 9:45
**VANTAGE POINT (PG13)** 1:10, 2:25, 3:45, 5:00, 6:10, 7:25, 8:40, 9:50
**VANTAGE POINT (PG13)** [D] [CC] 1:10, 3:45, 6:10, 8:40
**WITLESS PROTECTION (PG13)** 1:55
**DEFINITELY, MAYBE (PG13)** 1:40, 4:30, 7:30, 10:15
**JUMPER (PG13)** 2:30, 5:05, 7:30, 10:10
**THE SPIDERWICK CHRONICLES (PG)** 1:35, 4:00, 6:50, 9:20
**STEP UP 2 THE STREETS (PG13)** 1:50, 4:20, 6:55, 9:25
**FOOL'S GOLD (PG13)** 1:25, 4:05, 6:45, 9:30
**WELCOME HOME ROSCOE JENKINS (PG13)** 1:45, 4:25, 7:05, 9:55

**AMC SELECT**
**THE OTHER BOLEYN GIRL (PG13)** ✓ 1:30, 4:15, 7:00, 10:05
**PENELOPE (PG)** ✓ 1:20, 3:40, 6:00, 8:20, 10:30
**BE KIND REWIND (PG13)** 2:20, 4:55, 7:50, 10:20
**NO COUNTRY FOR OLD MEN (R)** 1:35, 4:40, 7:25, 10:15
**THERE WILL BE BLOOD (R)** 2:00, 5:30, 9:00
**JUNO (PG13)** 4:10, 7:10, 9:35

## LOEWS WHITE FLINT 5
North Bethesda
1-800-FANDANGO #741

**VANTAGE POINT (PG13)** 2:00, 4:15, 7:00
**DEFINITELY, MAYBE (PG13)** 4:40

**AMC SELECT**
**THE OTHER BOLEYN GIRL (PG13)** 1:45, 4:30, 7:25
**NO COUNTRY FOR OLD MEN (R)** 1:50, 4:25, 7:10
**ATONEMENT (R)** 1:45, 7:25
**JUNO (PG13)** 2:15, 4:35, 7:20

Times for Tuesday, March 4, 2008

✓-SPECIAL ENGAGEMENT No passes or discount coupons [CC] - Closed Captioning · [D] - Descriptive Video Service



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# Television

**EVENTS CONSIDERED 'LAME' WITHOUT MILEY:** The second "American Idol" charity event is set for April 9, will includes Bono, Brad Pitt and Miley Cyrus. Last year's "Idol Gives Back" show raised $76 million to benefit underprivileged children.

## Spellbound Sleuth

### On 'New Amsterdam,' a seasoned detective investigates true love

LONGEVITY | An intriguing new series with a far-fetched premise, "New Amsterdam" (9 p.m., Fox) stars Nikolaj Coster-Waldau as John Amsterdam, a New York City detective with a special secret: He's been hanging around the Naked City since 1642.

We learn that Amsterdam was actually a Dutch soldier who, in return for saving an American Indian maiden's life, received a special gift of near immortality.

JULIE DENNIS-BROTHERS/FOX

**HE'S SEEN IT ALL (WELL, A LOT OF IT):** Amsterdam has been around since 1642.

He'd cheat death and live on until he found his soulmate. It is far-fetched, but not so silly as to scuttle a smart and strangely romantic detective show.

Amsterdam continually surprises his fellow cops, particularly his partner, Eva (Zuleikha Robinson), with his arcane knowledge. How does he know that a particular building was used to house a speakeasy or that a hotel room contained a special mural and a hidden doorway? Because he was there. You just can't find cops anymore with his "institutional memory."

Amsterdam's special gift brings an added dimension to the brooding-detective genre. And his search for love puts this show in the mythic territory of "Pushing Daisies." KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

## ON TV TONIGHT

**MANLY MIC NIGHT**
The eight remaining guys perform on **AMERICAN IDOL** (8 p.m., Fox).

**THE FINAL COUNTDOWN**
Look for continuing coverage and analysis of **PRIMARY RESULTS** from Ohio and Texas (8 p.m., CNN, Fox News, MSNBC).

**DO YOU LIKE SCARY MOVIES?**
Hawkins receives a disturbing phone call on **JERICHO** (10 p.m., CBS).

**MINT JELLY**
Andrew Zimmern hosts the second-season premiere of **BIZARRE FOODS** (10 p.m., Travel).

**REAL CHARMERS**
On **THE REAL HOUSEWIVES OF NEW YORK CITY** (11 p.m., Bravo), hateful, vulgar, rich and spoiled women treat Manhattan (and the entire world, for that matter) as their own private shopping mall.

HEIDI GUTMAN/BRAVO

**SAY "MONEY!"** These N.Y.C. "Housewives" have one thing on the brain.

**BEAUTY AND THE CHIN**
Jay Leno hosts Heidi Klum, James McAvoy and John Fogerty on **THE TONIGHT SHOW** (11:35 p.m., NBC). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

| 3.4.08 | | 6:00 PM | 6:30 | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 | 11:30 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| LOCAL CHANNELS | WRC 4 | News (N) | | NBC Nightly News | Access Hollywood | The Biggest Loser: Couples (N) | | | | Law & Order: Special Victims Unit | | News (N) | Tonight Show |
| | WTTG 5 | News (N) | TMZ (N) | The Simpsons | Seinfeld | American Idol Male singers perform. | | New Amsterdam "Pilot" | | News (N) | | News (N) | TMZ |
| | WJLA 7 | News (N) | ABC Wld News | Wheel of Fortune | Jeopardy! (N) | Just for Laughs | Just for Laughs | According to Jim | Carpoolers (N) | Primetime: What Would You Do? (iTV) | | News (N) | (:35) Nightline (N) |
| | WUSA 9 | News (N) | Evening News | News | Entertainment | NCIS "Corporal Punishment" | | Big Brother: 'Til Death Do You Part | | Jericho "Oversight" (N) | | News (N) | Late Show |
| | WDCA 20 | Judge Judy (N) | Judge Joe Brown | King of Queens | King of Queens | College Basketball Florida State at North Carolina. (Live) | | | | Every-Raymond | King of the Hill | Law & Order: Criminal Intent "30" | |
| | WMPT 22 | The NewsHour With Jim Lehrer (N) | | Business Rpt. | Outdoors Md. | Great Performances "James Taylor: One Man Band" | | | | The Brain Fitness Program | | | Smart Travels |
| | WETA 26 | BBC World News | Business Rpt. | The NewsHour With Jim Lehrer (N) | | Historic Pubs of Dublin | | | Bruce Springsteen With the Sessions Band | | | Suze Orman: Women & Money | |
| | WHUT 32 | World Business | Tavis Smiley | BBC World News | Moneywise | Mystery! (DVS) | | Final Hours: Amelia Earhart-Flight | | BBC World News | Tavis Smiley | Charlie Rose (N) | |
| | WDCW 50 | My Wife and Kids | Family Guy | Two/Half Men | Two/Half Men | America's Next Top Model | | One Tree Hill "Running to Stand Still" | | Friends | Friends | Family Guy | Sex and the City |
| BASIC CABLE | A&E | Cold Case Files | | CSI: Miami "Rio" | | The First 48 | | Gene Simmons | Gene Simmons | Gene Simmons | Gene Simmons | Parking Wars | Parking Wars |
| | Animal | The Crocodile Hunter | | Dolphin Murder Mystery | | Bug Brother House. | | After the Attack "Cougar and Moose" | | Miami Animal Police | | Bug Brother House. | |
| | BET | 106 & Park: BET's Top 10 Live | | | Hell Date Special | ★★★ "The Best Man" (1999, Comedy-Drama) Taye Diggs, Nia Long. | | | | Rip the Runway '08 (N) | | College Hill: Class Reunion (Part 1) | |
| | Bravo | The Millionaire Matchmaker | | The Millionaire Matchmaker | | The Millionaire Matchmaker | | The Millionaire Matchmaker | | The Millionaire Matchmaker | | Real Housewives of NYC | |
| | Comedy | "Bickford Schmeckler's Cool Ideas" | | Scrubs | Scrubs | Daily Show | Colbert Report | Futurama | South Park | Com.-Presents | Com.-Presents | Daily Show | Colbert Report |
| | Court | World's Wildest Police Videos | | Cops | Cops | Cops | Cops | World's Wildest | | Under Fire | Under Fire | Forensic Files | Forensic Files |
| | Discovery | Cash Cab (N) | Cash Cab | How It's Made | How It's Made | Dirty Jobs Turkey and potatoes. | | Dirty Jobs New York tannery. | | How It's Made | How It's Made | MythBusters Helium-filled footballs. | |
| | DISCH | Code Blue "St. Patrick's Day" | | Trauma: Life in the ER | | Sextuplets Turn 12 | | Quint-essential Expecting quintuplets. | | Deliver Me (Series Premiere) (N) | | Sextuplets Turn 12 | |
| | Disney | Life With Derek | Life With Derek | Hannah Montana | Zack & Cody | "Minutemen" (2008) Jason Dolley, Luke Benward. | | | That's So Raven | That's So Raven | Life With Derek | Zack & Cody | Hannah Montana |
| | E! | Snoop Father | Chelsea Lately | E! News (N) | The Daily 10 (N) | 25 Hottest Hollywood Cougar Tales | | | | Girl Next Door | Girl Next Door | E! News | Chelsea Lately (N) |
| | FX | ★★ "S.W.A.T." (2003, Action) Samuel L. Jackson, Colin Farrell. A Los Angeles SWAT team must protect a criminal. | | | | | | ★★ "Behind Enemy Lines" (2001, Action) Owen Wilson, Gene Hackman. | | | | Dirt Lucy returns to the magazine. | |
| | HGTV | Small Space | If Walls Could | House Worth? | House Hunters | Designed to Sell | My Kitchen | Desperate Spaces | Open House | House Hunters (N) | Secrets That Sell | House Worth? | Hidden Potential |
| | Family | 8 Simple Rules | 8 Simple Rules | Grounded for Life | Grounded for Life | America's Funniest Home Videos | | America's Funniest Home Videos | | America's Funniest Home Videos | | The 700 Club | |
| | History | Mysteries of the Freemasons Rituals. | | Modern Marvels: Horsepower | | The Universe "Supernovas" | | The Universe "Cosmic Collisions" (N) | | Mega Disasters "L.A.'s Killer Quake" | | UFO Hunters "Military vs. UFOs" | |
| | Lifetime | Reba | Reba | Still Standing | Still Standing | Reba | Reba | ★★ "Profoundly Normal" (2003) Kirstie Alley, Delroy Lindo. Premiere. | | | | Will & Grace | Will & Grace |
| | MTV | America's Best Dance Crew | | Making the Band 4 | | True Life Surviving poverty. | | True Life Jobs in the sex industry. | | Life of Ryan (N) | Rob & Big (N) | Best of Jackass 24 (N) | |
| | NICK | Zoey 101 | Zoey 101 | Drake & Josh | Zoey 101 | SpongeBob | Drake & Josh | Home Improve. | Home Improve. | George Lopez | George Lopez | Fresh Prince | Fresh Prince |
| | SCIFI | Stargate SG-1 "The Other Side" | | Scary But True | Scary But True | Scariest Places on Earth | | Scariest Places on Earth | | ECW ECW Championship Match. | | ★ "Johnny Mnemonic" (1995) | |
| | SPIKE | CSI: Crime Scene Investigation | | CSI: Crime Scene Investigation | | CSI: Crime Scene Investigation | | CSI: Crime Scene Investigation | | CSI: Crime Scene Investigation | | CSI: NY "Creatures of the Night" | |
| | TBS | Friends | Every-Raymond | Every-Raymond | Every-Raymond | Family Guy | Family Guy | Family Guy | Family Guy | The Office | The Office | 10 Items or Less | Sex and the City |
| | TLC | Flip That House | Flip That House | The Secret Life of a Soccer Mom | | Flip That House | Flip That House | Trading Spaces In-laws. | | My First Home | My First Home | Flip That House | Flip That House |
| | TNT | Law & Order "Amends" | | Law & Order "Age of Innocence" | | Law & Order "Deadlock" | | Bones "The Man in the Wall" | | Saving Grace | | Saving Grace "Yeehaw, Geepaw" | |
| | USA | Law & Order: Special Victims Unit | | Law & Order: Criminal Intent | | Law & Order: Special Victims Unit | | Law & Order: Special Victims Unit | | NCIS "Dead Man Talking" | | Law & Order: Criminal Intent | |
| | VHI | The Flavor of Love Roast. | | Salt N Pepa | ★★ "Be Cool" (2005, Comedy) John Travolta. Chili Palmer runs afoul of record-industry players. | | | | | Rock of Love With Bret Michaels | | Celebrity Rehab With Dr. Drew | |
| SPAN. | TELEM | Los Plateados | Noti-Telemndo | 12 Corazones | | La Traicion | | Victoria | | Pecados Ajenos | | Noti-Telemndo | Titulares y Mas |
| | UNIV | Que Locura | Noticiero Univ | Yo Amo a Juan Querendón | | Al Diablo con Los Guapos | | Pasión | | Aquí y Ahora El vuelo y la seguridad. | | Primer Impacto | Noticiero Univ. |
| SPORTS | ESPN | SportsCenter (Live) | | College Basketball Purdue at Ohio State. (Live) | | | | College Basketball Arkansas at Mississippi. (Live) | | | | SportsCenter (Live) | |
| | ESPN2 | NASCAR Now | Rome-Burning | College Basketball Miami-Ohio at Kent State. (Live) | | | | NBA Coast-to-Coast (Live) | | | | NBA All Access | Mix Tape Tour |
| | CSN | SportsNite | SportsNite | College Basketball Wake Forest at Virginia Tech. (Live) | | | | Best Damn Hooters Dream Girl II | | SportsNite (Live) | | Washington Post Live | |
| NEWS | CNN | (4:00) The Situation Room | | Lou Dobbs Tonight | | CNN Election Center | | Larry King Live | | Anderson Cooper 360 | | | |
| | FNC | Special Report | | America's Election HQ | | | | | | | | | |
| | MSNBC | Tucker | | Hardball | | Countdown With Keith Olbermann | | To Be Announced | | To Be Announced | | To Be Announced | |
| MOVIES | AMC | ★ "Death Wish II" (1982) Charles Bronson. Vigilante architect loose in L.A. | | | | ★ "Death Wish 3" (1985, Drama) Charles Bronson, Deborah Raffin. 'R' | | | | ★ "Death Wish 4: The Crackdown" (1987, Drama) Charles Bronson. 'R' | | | |
| | TCM | He Ran All | ★★★ "Force of Evil" (1948) John Garfield. 'NR' | | | ★★★ "Spellbound" (1945, Mystery) Ingrid Bergman. 'NR' | | | | ★★★★ "The President's Analyst" (1967) James Coburn. Premiere. 'NR' | | | |
| | HBO | (5:15) ★★ "Eragon" (2006) 'PG' | | ★ "The Marine" (2006) John Cena. 'PG-13' | | | John Adams | In Treatment | In Treatment (N) | ★★ "Disturbia" (2007, Suspense) Shia LaBeouf. 'PG-13' | | | |
| | MAX | (5:00) ★★★ "Harry Potter and the Goblet of Fire" | | | (:45) ★★ "Batman Returns" (1992, Action) Michael Keaton, Danny DeVito. 'PG-13' | | | | | ★★★ "Superman Returns" (2006) Brandon Routh. 'PG-13' | | | |
| | SHOW | (5:45) "Open Water 2: Adrift" (2006) Susan May Pratt. 'R' | | "Jam" (2006, Drama) Jeffrey Dean Morgan. 'NR' | | | | The L Word "Liquid Heat" (iTV) | | ★★ "Double Impact" (1991) Jean-Claude Van Damme. iTV. 'R' | | | |
| | TMC | Bedrm Window | "The Seat Filler" (2004) Kelly Rowland. 'PG-13' | | | ★★★ "The Truman Show" (1998, Comedy-Drama) Jim Carrey. 'PG' | | | | ★★ "Notting Hill" (1999, Romance-Comedy) Julia Roberts. 'PG-13' | | | |
| | STARZ! | (5:15) ★ "Money Train" (1995) 'R' | | (:15) ★★★ "Rush Hour" (1998, Action) Jackie Chan. 'PG-13' | | | | ★★ "The Da Vinci Code" (2006, Mystery) Tom Hanks, Audrey Tautou. 'PG-13' | | | | | Planet Terror |
| | ENCORE | (:05) ★★★ "High Fidelity" (2000) John Cusack, Iben Hjejle. 'R' | | | | ★★ "Space Jam" (1996) Michael Jordan. 'PG' | | | ★ "Mission to Mars" (2000, Science Fiction) Gary Sinise. 'PG' | | | | Speed 2: Cruise |

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**Submit a MS100 application to Dept of Juvenile Services – OHR, One Center Plaza, 120 W. Fayette St., Balto., MD 21201. To download the MS100 & for detailed info, go to www.djs.state.md.us or www.dbm.maryland.gov. EOE**

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### Magazine Advertising Sales

Are you skillful at positive persuasion and team selling? As an Account Manager for **The Washington Post Magazine**, you will partner with other advertising reps in selling advertising to local, national, and international clients in the travel, corporate, financial, technology, retail, real estate, automotive, employment, health and education industries. In this versatile role, you are "channel-selling" through other sales reps to meet the needs of their end-clients. You are a valued part of the Post sales team, and appreciate the rewards of internal recognition. Requires outside sales and B2B experience. Email resume to: **talentsearch@washpost.com, Attn: MAGPST/JT**

The Washington Post

*We are committed to diversity in the workplace and promote a drug free environment.*

**AUTOMOTIVE - FT/PT EXPERIENCED LUBE TECH**
For mobile lube service. Temple Hills. Must have clean driving record. **(301) 316-6753.**

**Auto Tire Center Manager**
Needed for high volume tire center. Exp, Fairfax, VA location. Fax resume to Scott at Costco Fairfax 703-802-9137

**BAKERY**
Production position,
Mon, Wed, Fri, 5pm-1am.
Sat & Sun 1pm-9pm.
Alexandria, VA 703-739-5839

### Building Engineer

Looking for US Citizen. Min 3 yrs exp. Knowledge of HVAC, electrical, plumbing, drywall & painting, etc. Fax resume & salary req's to 703-995-0912 or email to **jobs@zumot.net**

Platinum SOLUTIONS

**Career Invitational**
**Wed., March 19, 2008**
**City Club of Washington**
**at Columbia Square**
**3 p.m. – 7 p.m.**

Platinum Solutions is an award-winning leader in software development and systems integration. Our employees write software that saves lives and helps the government monitor terrorist communications, arrest violent criminals, and improve the prescription drug approval process.

We are seeking IT professionals with the following expertise:

- Java /J2EE
- Adabas
- IT Infrastructure
- Oracle
- Task Management
- Requirements
- QA/Testing

**Candidates must possess an active Top Secret clearance.**

For consideration, please email your resume to: platinum@vetrecs.us by March 10th. If selected, you will be contacted in advance to schedule an appointment for the invitational.

www.platinumsolutions.com

Equal Opportunity Employer

**BANKING**

### TELLER

Provides a variety of member service operations including processing items through various accounts and identifying member's needs by cross-selling the appropriate product or service to meet their financial needs. Ability to perform routine mathematical calculations and use an on-line teller terminal. One year of cashiering experience required, one year bank or credit union teller experience preferred.
**Position in DC.**

The United States Senate Federal Credit Union offers competitive salaries, bonuses and excellent benefits.

FAX cover letter and resume to 703-317-3370 or MAIL to: HR, 2750 Eisenhower Ave. Alexandria, VA 22314. Web address: **www.ussfcu.org**

EOE

**Barbers/Stylists/Braiders - Need a Change?**
Hiring experienced staff w/clientele. DC location. Call **202-397-4636**

BEAUTY

**HAIR STYLIST WANTED**
Chair for rent, $225/week. First week free.
Call 301-509-7565

**BEAUTY** - MANO Salon, Chevy Chase is looking for hairstylist. **301-652-0310**

**Building Engineers-Immediate openings**
Nat'l Build. Maint. Co. seeking
**experienced and well- qualified persons**
to provide building maintenance, engineering and operations for location
**Through-out Greater DC Area**
Duties include HVAC , electrical, plumbing. mechanical
**Prior experience in commercial office and data centers preferred**
Applicants must be customer oriented.
**Excellent compensation package offered**.
Reply with resume/salary history to
kparker@abm.com or
fax 267-988-2484
"An EOE Employer - M/F/V/H"

CHILDCARE

Bright Horizons FAMILY SOLUTIONS

### JOB FAIRS

**Door Prizes (Metro or Gas Cards), Food, and Fun. Apply for and learn about an exciting career with Bright Horizons. Tour our beautiful centers.**

- **Seeking Infant, Toddler, Twos, Preschool Teachers**. Prefer AA/BA in ECE or related field, CDA with experience teaching in child care center or 15 college credit hours in Early Childhood Education
- Excellent benefits

**Saturday, March 8, 2008**
**9:00 a.m.-12:00 noon**
NOAA Family Center
**1315 East West Highway--Terrace Level**
**Silver Spring , Maryland 20910**
Red Line--Silver Spring Metro Stop.

**Tuesday, March 11, 2008**
**4:00-7:00 p.m.**
Bright Horizons at Crystal City
**2451 Crystal Drive Suite 100**
**Arlington, Virginia 22202**
METRO: Yellow Line to Crystal City.

**Wednesday, March 12, 2008**
**4:00-7:00 p.m.**
Marriott Child Development Center
**10400 Fernwood Road**
**Bethesda, Maryland 20817**
Located near Montgomery Mall

**Thursday, March 13, 2008**
**3:30 p.m.–6:30 p.m.**
Bright Horizons at Tysons Corner
**8405 Greensboro Drive, Suite P-100**
**McLean, VA 22102**
METRO: West Falls Church.
Catch Fairfax Connector #427

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**Customer Service/Sales**

For large company. Great pay plan, benefits, training, $40k+ & $2k signing bonus. Call **301-299-7612**

**DANCERS—** Wanted for Gentleman's Club (PG County). $300-$500/night. No exp. needed. Leave info: **240-286-3660** or **301-568-8500**

**Drivers -** School Bus Operator, CDL wtih Passenger/School Endorsement. 301-949-3897

Engineering

### Electrical Design Engineer

Allen & Shariff Engineering a top 50 MEP Engineering Design Firm in Columbia, MD seeking qualified electrical designers / engineers experienced in commercial building electrical design including power distribution systems, lighting and life safety systems. Qualifications include B.S. engineering degree, 3-5 years design experience and CAD experience required. Fax resume to 410-381-7110 or email hr@allenshariff.com

**Entertainment**

**Entertainment Cruises**
Seeking singers/dancers/ performing wait staff for summer 2008 season
full time and Seasonal contracts are available starting April 2008
Auditions will be held at the Spirit of Washington Located @ pier 4, on the corner of 6th and water Streets SW DC. 20024
March 6TH 2-8 pm
March 7TH 10-3pm with callbacks from 4-8pm
For Additional information **and** to set up an appointment—contact **David watson** on our Entertainment hotline @202.264.8494 or email to Dwatson@spiritcruises.com
Please bring a headshot WITH RESUME ATTACHED. Prepare 16 bars of an up-tempo and a ballad. bring sheet music / TRACK in the desired key. you will be asked to learn choreography—dress comfortably. accompanist will be provided.
ALL singers WHO MOVE WELL/Dancers WHO CAN HOLD A TUNE are ENCOURAGED TO APPLY
competitive wages, seasonal and full time positions available

**Finance**

### VIRTUAL ASSISTANT

Wholesales Electronic Company seeking a V. Assistant. Good pay, flexible working hours and you work from home. Contact ronald cox@live.com

FOOD SERVICE

### SODEXO

Upscale retirement facility. Positions available:
- **Dietary Aides**
- **Utility Workers**

Apply Mon-Fri between 10AM-Noon and 1:30-3:30PM at: 6200 Oregon Ave., NW, Wash, DC 20015.

Healthcare

### RN's and CNA's

Genesis HealthCare Potomac Center, a premier skilled nursing facility in Arlington, seeks FT **CNAs** and **RN Shift Supervisors**. Conveniently located one block from Crystal City and Pentagon City Metro stations. If interested, please contact Terri Reed at (866)263-4295, (410)819-0256 fax, or terri.reed@genesishcc.com.
1785 S. Hayes Street, Arlington VA 22202
**www.genesiscareers.jobs**. EOE.

HEALTH CARE

UNITY HEALTH CARE

**Community Health Center and Correctional Full-time Career Opportunities**

**Unity Health Care** is a multi-site non-profit organization offering a continuum of medical care and human services primarily to the homeless and medically underserved. Serve our mission, vision, values and community by applying for the following career opportunities available:

- Physician - Internal Medicine
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- Nurse Practitioner
- Dentist
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- Radiologic Technician
- Health Center Director
- Health Educator
- Maintenance Supervisor
- Driver
- Health Center Clerk
- Medical Assistants/Floaters
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- Dental Assistant
- Pharmacy Technician
- Patient Registration Clerk
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For more details visit us at:
**www.unityhealthcare.org**
**Click on Career Center to apply online**

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**Holiday Inn – College Park**
**10000 Baltimore Avenue**
**College Park, Md 20740**

Is currently looking for individuals who would like to enjoy a productive and positive working atmosphere. We are looking for the following positions:

- Front Desk Clerks
- Servers PM
- Servers AM
- Hostesses
- Housekeepers
- Night Houseperson

- Executive Housekeeper

Candidates must work flexible schedules.
Apply in person or fax resume to 301-441-2471
No Phone Calls Please

HOSPITALITY OPPORTUNITIES

### Hospitality Staffing Is recruiting for

- Room Attendants
- House Persons
- Utilities Workers
- Banquet Servers
- Prep Cooks
- Line Cooks
- Convention/Meeting Support Staffs
- Stand Attendants &
- Cashiers

If you have exper. in the hotel and or food service industry and are looking for extra money come in and fill out an application for immediate interview.

**Job Fair/Open House on**
**Tuesday 3/4, Wed 3/5 &**
**Thur 3/6 from 11am-3pm.**
**600 Penn. Ave SE (Next to City Bank)**
**Washington DC.**
No Phone Call Pls, Come in Person.
Bring two I.Ds for I9 info, black & White uniform and a min. of 2 references.

**HOUSEKEEPER WANTED—**Mon-Fri, 1pm-9:30pm. McLean, VA. Clean, organize, cook, laundry. Must drive. Refs required. **Call 703-734-1659.**

### HOUSEKEEPER

Executive-level Housekeeper for pleasant, private executive residence in Baltimore/Washington, DC met-ro area. Experience with myriad skills is needed for hands-on cleaning, laundry, ironing, clothing and shoe care, very light cooking, inventory and marketing including everything from household supplies and groceries to routine checks of air filters, light bulbs, etc. You will work in a technologically advanced residence using iRobot ma-chines, internet and computer software. You will line up and oversee any outside vendors and schedule service or repairs as needed. You will assist with travel arrangements and home office tasks and do general household errands. The employer is looking for someone that can come in with a quiet efficiency and good organization is a must. No child care. Live out, 30-35 hours/week, Mon. - Fri. Generous salary, ample vacation days. References and background will be checked. Apply at:
**www.applybyweb.com**
Keyword: **Housekeeper**

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Filene's Basement is seeking exceptional retail managers to join our team in the Washington, DC market.

***Opportunities include:***

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**Group Managers & Department Managers**

*Please stop by our Open House to discuss these exciting opportunities!*

**Tuesday & Wednesday, March 4 & 5**
**from 4pm-7pm at**
**Filene's Basement,**
**The Shops at National Press**
529 14th Street NW (at F St.), Washington, DC • 202-638-4110

If you can't make it to the Open House, please submit your resume online to:
**resume@filenesbasement.com**
and type "Open House" in the subject line.

*We look forward to hearing from you!*

EOE M/F/D/V

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DC Locations: Mazza Gallerie • 1133 Connecticut Ave. • The Shops at National Press • Other Locations: Rockville & Columbia, MD • Vienna, VA

# Classifieds

## JOBS

HVAC

### A/C Equipment Mechanic

**The National Gallery of Art** is seeking an experienced A/C Equipment Mechanic to operate, maintain, troubleshoot, and repair its HVAC&R building mechanical equipment and systems. The position requires heavy physical effort and the ability to take operational readings from HVAC equipment. Secure government job with great benefits. Salary range $23.59-$27.55, hourly. Call Mr. Bixler at 202-842-6350 for more information. U.S. citizenship is required. For application information and instructions please visit http://jobsearch.usajobs.opm.gov/a9nga.asp. The vacancy announcement number is 08-8A. Applications will be accepted through 3/14/08. EOE.

**LOAN OFFICERS**—P/T with MD mortg lic. 240-499-8157, Mr. Green. F: 240-499-8194

**MAINTENANCE**

Smithsonian

### Utility Systems Repairer Operator (USRO)

**Announcement # 08-MR-293822-JNT-OFEO**

The Smithsonian Institution, Office of Facilities Management and Reliability (OFMR) is seeking a exp'd USROs. Salary ranging from $44,244 - $60,481 p/yrr depending upon exper. & certifications; closes on 03/14/2008. This is a FT perm. position; duty location is Wash., D.C. area. The incumbent will perform a full range of operations, maintenance, troubleshooting, repair & control services for Smithsonian facilities. To apply to this vacancy visit **www.si.edu/ohr** Documents may also be mailed to Smithsonian Institution, Office of Human Resources, P.O. Box 23772, Capital Gallery Suite 5060 MRC 517 Wash., DC 20026-3772 Fax (202) 633-6402. Reference Announcement Number (noted above) on all pages mailed in and/or faxed.

The Smithsonian Institution is an Equal Opportunity Employer and prohibits employment discrimination on the basis of race, color, age, region, sex, national origin &/or disability.

**MASSAGE THERAPISTS, ESTHETICIANS, NAIL TECHNICIANS and PT RECEPTIONIST.** Call 202-319-1231 or 202-882-2608.

### Pipefitter

**The National Gallery of Art** is seeking an experienced Pipefitter to repair, maintain, and install piping equipment. The individual shall have hands-on experience with steam heating, high temperature hot water heating, steam valves, relief valves, float valves, and other plumbing equipment. Knowledge of trade practices, measurements, and layout; ability to understand and interpret blueprints and specifications; and ability to discover and eliminate malfunctions are also necessary. Secure government job with great benefits. Salary range $23.59-$27.55, hourly. Call Mr. Bixler at 202-842-6350 for more information. U.S. citizenship is required. For specific application information and instructions go to http://jobsearch.usajobs.opm.gov/a9nga.asp. The vacancy announcement number is 08-7A. Applications will be accepted through 3/7/08. EOE.

### Printing Press Operator

PT, am hours to run 3302 & 524 four color presses. Competitive salary. Email or fax resume to landminc@verizon.net or fax 703-849-9087
**EXPERIENCE IS A MUST!!!**

**Property Management**

### NOW HIRING

For new lease up property in Northern VA. We are currently looking for candidates that are ready to join a **WINNING** team!!

**Positions Available at our New A+ Property in Herndon:**

- **Leasing Agent- Sales Experience Required**
- **Bilingual Maintenance Technician**
- **Housekeeper**
- **Groundskeeper**

**Position Available at our Alexandria Property:**
- **Assistant Manager/Bookkeeper**

**Positions Available at our Ashburn Property:**
- **Leasing Agent- Sales Experience Required**

For immediate consideration please fax resume to:
**817-816-9711**

We offer top dollar salary and commission, comprehensive benefits, bonuses, and an excellent work environment.

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**PRINTING**

### Web-fed Digital Print Operator

The U.S. Government Printing Office in Washington, DC currently has several of openings for trained Web-Fed Digital Print Operators.

**Starting Salary:** $24.79 PH. Day and night shifts available. 10% Night Rate for shift 2 and shift 3.

**How to Apply:** Please visit our website at http://www.gpo.gov/careers/jobs.htm to view the full vacancy announcement and instructions for how to apply. Reference job announcement #08-494 for Shift 1 openings, #08-495 for Shift 2 openings, and #08-496 for Shift 3 openings. Applications must be received to GPO by midnight on 03/13/08.

### RECEPTIONIST

For busy and growing GM service department. Duties include answering incoming service calls, filing, rental coordination and general office duties. Benefits include vacation, sick leave, 401K, medical and dental. For consideration e-mail or fax resume to Gary Citterman at Capitol Cadillac/Buick/Pontiac/GMC, Greenbelt Maryland. Excellent management support and advancement opportunities for the right person.
ph: 240-737-0361 fax: 301-441-2092
e-mail – gcitterman@ecapitol.com

**Receptionist** - Entry-level, Bilingual English / Spanish. **manager@osioffices.com**

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Catering A Plus
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Fax: 202.775.8368
E-Mail: **contactus@FStreetBistro.com**

Restaurant

### Chef/Sous Chef

New Tyson's Corner Restaurant.
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**careers@modernmexican.com**

**Restaurant**

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**Restaurant**

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**Security**

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**50 immediate openings.** Downtown DC . All shifts. Weekly pay, no experience necessary. Apply 9am-5pm, CES Security 8555 16th St, Ste 100, Silver Spring, MD. 301-608-8264.

**Speech Therapist** for a blind, developmentally delayed child in Haymarket, VA.
sgrisham@careplanners.net or 804-310-5239.

**SECURITY**

### OPEN HOUSE SECURITY OFFICERS

Several openings for Safety & Security Officers to work a variety of shifts including weekends. Must be able to obtain DC special police commission and possess a valid drivers license. Apply online at www.sibley.org and come to the Human Resources Department on Wednesday, March 5 between 9AM and 3PM for an on-the-spot interview.

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Positions are being filled through an ON-LINE application system. To apply, please GO TO:
**http://www.avuedigitalservices.com/aoc/applicant.html**
Applications submitted by any form of mail delivery will not be accepted. If you are unable to apply on-line, you may call the Employment & Classification Branch at 202-226-7000 for assistance. Vacancy announcement CVC 2008-122 closes on March 28, 2008. First cutoff date for applications is March 14, 2008. EOE.

**Warehouse Manager**
for Large D.C. Plumbing Co. Needed for procurement, receiving, distributing, and shipping of materials. Duties to include stocking and inventorying of vehicles, tracking and maintaining small tools and equipment. Experience required. Excellent salary and benefits. Fax resume to (202) 526-7425 EOE

**Warehouse**

### Warehouse Clerk

-Hands-on experience in all phases of warehouse operations to include shipping, receiving, and order filling functions
-A competent User of PC including Office software, postal programs, Internet.

**Global HGS**
**hgssc.com/contact_us.php**

**Healthcare**

### OPEN HOUSE!!!!

**March 11, 2008 thru March 13, 2008**
**10:00am-3:00pm**

Agency providing residential services for children with developmental disabilities is seeking qualified applicants for the following full-time and part-time positions:

- **House Mgrs - salary range $23,000 yr**
- **CNA- $10.00 hr**
- **Residential Counselors- $8/$9.00 hr (depending on experience)**

Experience with autistic or medically fragile population preferred. Fingerprint clearance and good driving record required.

**Must apply in person**
**7100 Chesapeake Rd**
**Suite #103 Hyattsville, MD 20784**
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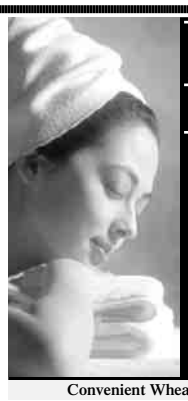

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# Look out

TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

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**People:** Barrymore donates $1 million | 34

# China's Sexual Revolution

Culture

## The youth in China hold relaxed attitudes about sex and love

The no-tell motels in Beijing's university districts pulsate with sex.

Every weekend, lusty college couples make a beeline past greasy spoon restaurants and bootleg video game shops for the dim hotel lobbies to book three-hour blocks of privacy. Students fill half the simple but tidy rooms at the Cheng Lin Ming Guang Hotel, a 10-minute walk from Beijing Normal University.

China is in the midst of a sexual revolution, a by-product of rising prosperity and looser government restrictions on private life. The relaxed attitudes about sex mark a historic turnaround from the days when love and sex were denounced as bourgeois decadence, and unisex Mao suits and drab austerity were the norm.

But the revolution is taking place largely behind closed doors, and the word "sex" — or "xing" (pronounced "shing") is spoken only among close friends, and usually in a whisper.

As a result, sex education has not kept up with sexual activity, with some unwelcome consequences. High school girls make up 80 percent of the patients at Shanghai abortion clinics during one-week school holidays, state media reported last year.

As recently as the 1980s, a couple holding hands in public would draw stares. Now, a government that once had a say over when and who people could marry is more concerned about regulating interest rates. And rising incomes have allowed urban Chinese to pursue much more than mere survival.

While the countryside remains more traditional, at least outwardly, public benches in cities are filled at night with young, openly affectionate couples. Hipsters pack sleek clubs to flirt, chain-smoke imported cigarettes and sip green tea mixed with whiskey. Vibrators are sold in vending machines and at ubiquitous "adult health product" stores. Even the Web site of the government's Xinhua News Agency has a photo slideshow titled "Paris Hilton goes sexy for birthday party."

Studies indicate that 60 to 70 percent of Chinese have had sex before marriage, up from 15 percent in 1989, according to Li Yinhe, a sex expert at the Chinese Academy of Social Sciences.

In that time, the average urban marriage age has crept steadily higher, reaching 31 for men in Shanghai last year. There has also been a notable shift in attitudes, particularly among those born in the booming '80s.

At the Pepper bar in Beijing, a 20-year-old manager who did not give her name said without hesitation that young women's attitudes toward sex is casual. Her friends often show up and pick up men.

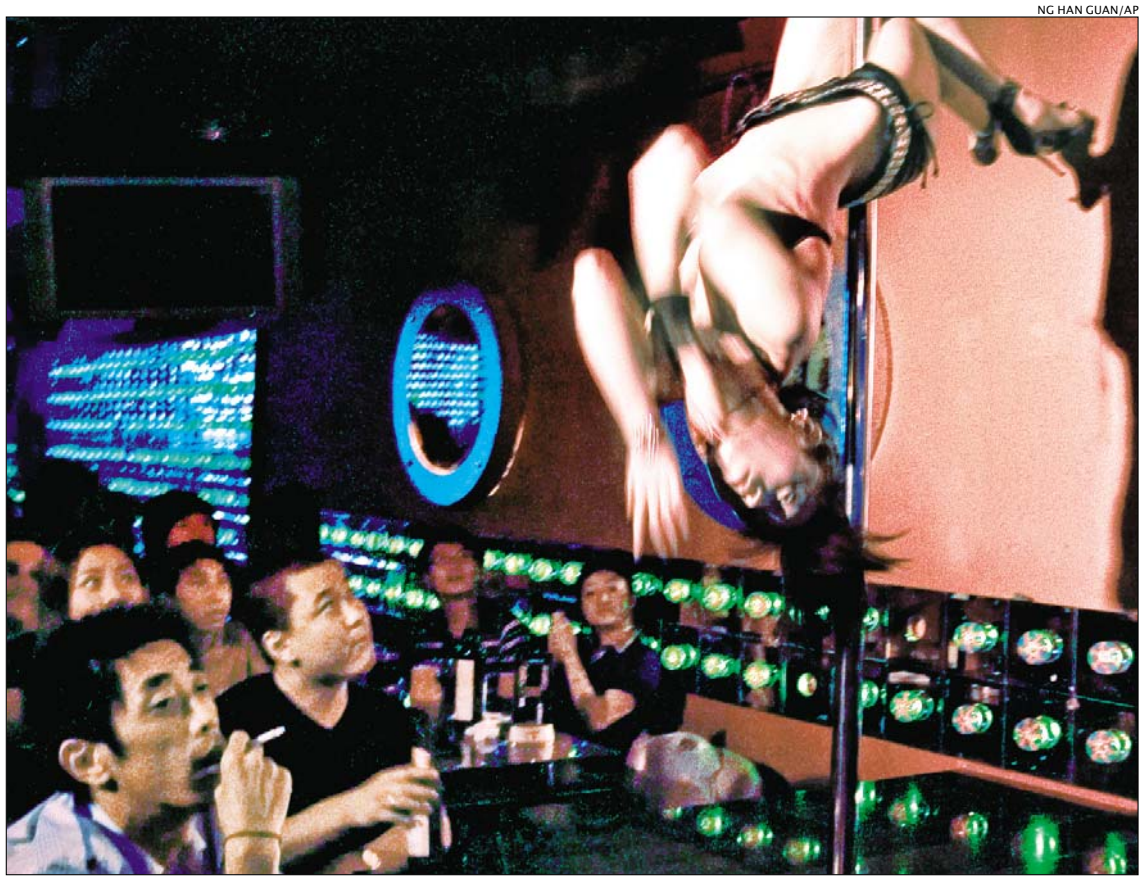
Cai Junjie, a strapping 23-year-old golf coach who calls himself Tank, saw no reason for a long mating ritual before sex. "If two people want to be together, time isn't an issue," he said.

Chu Yanyang, 21, said she once went to a bar called "One-Night Stand," to see if it lived up to its reputation. It did.

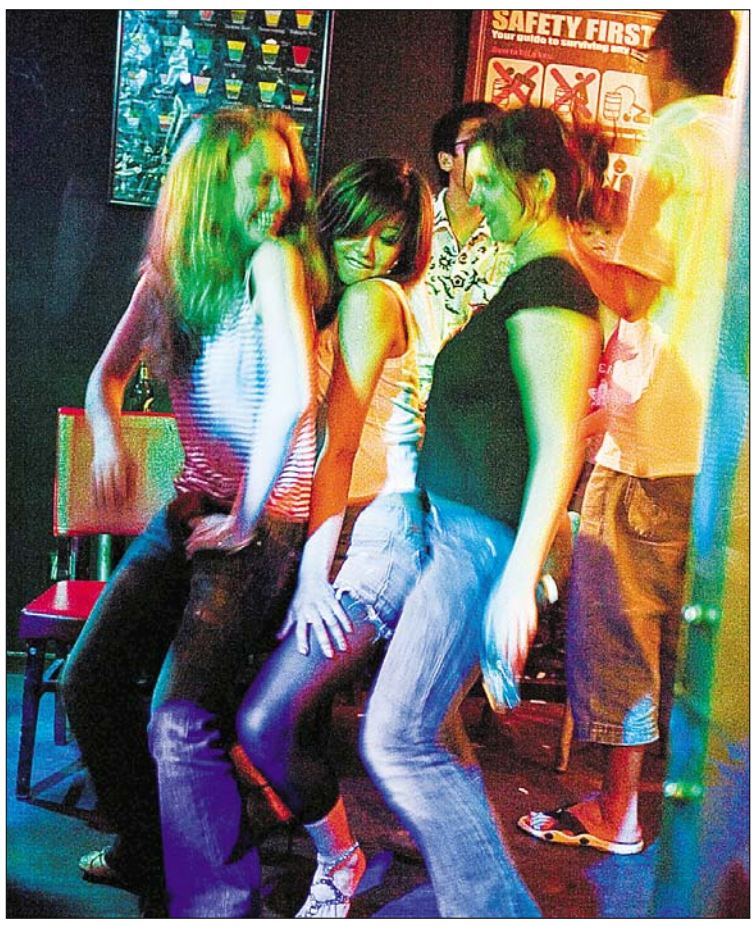
"They'll ... write their phone number on a little slip of paper. And if you drink a beer with him, then [they]'ll give you the slip of paper," she said. "That way, you can get in touch if you want to hook up another day, or some people might even just leave together then and get a hotel room."

Maintaining a relationship can be too much work, Chu added. "If when we eat I always put food on your plate for you and one day I don't, then you might get mad and fuss at me. These little fights are really hard," she said. "So, you might have a one-night stand. It's just so much easier." ANITA CHANG (AP)

NG HAN GUAN/AP



**TRADITION TURNED UPSIDE DOWN:** A pole dancer entertains bar patrons in Beijing, where attitudes toward sex are relaxing.




Chinese women gather at bars and clubs to flirt, dance and seek out partners.

LOOK out

# Creature Eco-Comforts

Lifestyles

## Online retailers find a niche selling green, natural pet products

When Bronna Bodenstein's "only child," Moe D. Beagle, has a particularly hard day, she knows just how to pamper him: a few rounds of fetch, a belly rub and an evening unwinding to the relaxing scent of "Rose Petal Pooch," an aromatherapy candle made just for dogs, infused with essential oils and Peruvian balsam bark.

Bodenstein, 54, of Pikesville, Md., considers herself the quintessential customer for her store, Earthdoggy.com, an online distributor of Earth-friendly products for pets: a self-described "crunchy granola" who drives a hybrid car and buys eco-friendly laundry detergent and also loves her dog.

For Bodenstein, earth-conscious pet products are a natural extension of her green lifestyle. "I buy green because I care about the environment," she said "but I also love to do good things for my dog."

ROB CARR/AP

Bronna Bodenstein's dog sits in an eco-friendly dog bed from Earthdoggy.com.

Fueled by increasing popularity of environmentally friendly products of all kinds, the sustainable pet product industry is expected to grow to nearly $1 billion in sales by 2009, according to Packaged Facts, a consumer research company in Rockville, Md. Many pet stores are adding special eco-friendly sections to their aisles, and online sales are booming.

Now in its third year of operation, Earthdoggy.com is one of at least a dozen online retailers specializing in environmentally friendly pet products. The store carries everything from natural peanut butter-flavored dog cookies to eco-friendly plush squeaky toys. Its top seller is a $120 dog bed made from recycled materials and printed with low-impact dyes.

> "If you're going to buy a collar or a dog bed anyway, why not pick an Earth-friendly one?"
>
> BRONNA BODENSTEIN, EARTHDOGGY.COM OWNER

Bodenstein says she sells environmentally-friendly accessories for all facets of a pet's life, from snout to tail — even biodegradable plastic baggies for picking up dog poop.

"A green product helps the planet no matter what it is," Bodenstein said. "If you're going to buy a collar or a dog bed anyway, why not pick an Earth-friendly one?"

But the industry isn't all lavender and mint dog shampoo or stylish leashes made of hemp. In addition to environmental benefits, green pet accessories tend to be much safer for dogs and cats, said Donn Griffith, president of the American Holistic Veterinary Medical Association. The pet industry has little or no regulation, he said, so that cheap rubber bone you bought for Fido might be coated with poisonous chemicals.

Last spring's massive pet food recall after tainted food from China was linked to dog and cat deaths was "a wake-up call" for Stacey Toibin, 38, whose household in Chicago includes three cats and a dog. Suddenly, her laundry basket of plastic chew toys for Thunder, her boxer, seemed suspect.

"I was horrified," she said. "The message is even if you think you're buying a high-end brand of food or a fancy toy, unless it says 'natural,' you really can't trust it."

Toibin now buys exclusively natural and eco-friendly products for her animals, many from her new online business, Ecopetlife.com.

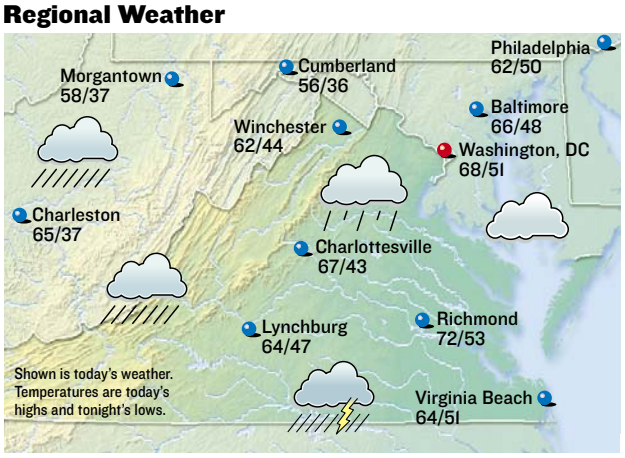
Although the green pet accessories sold there cost "easily double" what their conventional counterparts would, she thinks the extra cost is worth it. "Our pets depend on us to make the right choices for them," Toibin said.

EMILY ZEUGNER (AP)

## 5 Day Forecast for the Washington Area

| Today | Tonight | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|
| Mostly cloudy, a shower, mild | Severe thunderstorms, windy | Decreasingly cloudy, breezy | Partly sunny | Mostly cloudy, rain possible | Partly sunny |
| 68° | 51° | 58° / 35° | 54° / 37° | 51° / 30° | 43° / 28° |

## Regional Weather




Forecasts and graphics provided by AccuWeather, Inc. ©2008

## Almanac

Washington, D.C., through 4 p.m. Mon.

**Temperature**

| | |
|---|---|
| High | 70° |
| Low | 38° |
| Normal high | 51° |
| Normal low | 34° |
| Average humidity | 44% |

**Precipitation**

| | |
|---|---|
| 24 hours ending 4 p.m. | 0.00" |
| Month to date | Trace |
| Normal month to date | 0.33" |
| Year to date | 5.54" |
| Last year to date | 5.44" |
| Normal year to date | 6.28" |

For up-to-the-minute weather, see: washingtonpost.com/weather

## Regional Forecast

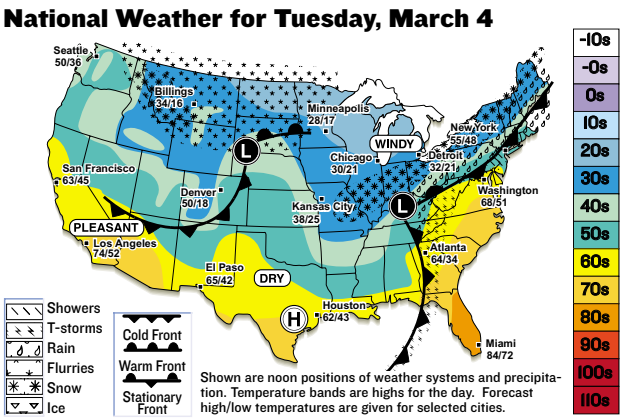
**D.C. Metro:** Today, mostly cloudy, a shower, breezy, mild. High 68. Wind south 10-20 mph. Tonight, thunderstorms, some severe, flooding downpours.

## Sun and Moon

| | |
|---|---|
| Sunrise today | 6:36 a.m. |
| Sunset tonight | 6:04 p.m. |
| Moonrise today | 4:57 a.m. |
| Moonset today | 2:54 p.m. |

| New | First | Full | Last |
|---|---|---|---|
| Mar 7 | Mar 14 | Mar 21 | Mar 29 |

## National Weather for Tuesday, March 4




Shown are noon positions of weather systems and precipitation. Temperature bands are highs for the day. Forecast high/low temperatures are given for selected cities.

## National Cities

| City | Today Hi/Lo/W | Wed. Hi/Lo/W |
|---|---|---|
| Atlanta | 64/34/t | 61/40/s |
| Boston | 51/41/r | 49/31/r |
| Chicago | 30/21/sn | 36/22/sf |
| Dallas | 56/41/s | 63/38/pc |
| Denver | 50/18/c | 29/13/sn |
| Honolulu | 81/68/s | 82/69/s |
| Los Angeles | 74/52/s | 70/51/s |
| Miami | 84/72/c | 84/69/t |
| New York City | 55/48/sh | 51/35/r |
| Orlando | 84/61/c | 76/53/s |
| Seattle | 50/36/s | 51/37/s |

## World Cities

| City | Today Hi/Lo/W | Wed. Hi/Lo/W |
|---|---|---|
| Amsterdam | 43/36/c | 46/41/c |
| Athens | 66/48/s | 66/48/pc |
| Berlin | 39/23/c | 39/28/pc |
| Buenos Aires | 75/61/t | 75/61/pc |
| Calgary | 28/12/sf | 40/17/pc |
| Dublin | 45/36/pc | 50/41/s |
| Geneva | 36/31/sn | 32/30/pc |
| Moscow | 34/23/sn | 28/23/pc |
| Rome | 63/39/pc | 55/41/c |
| Sydney | 75/63/s | 73/63/pc |
| Tokyo | 44/36/pc | 46/36/pc |

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Styles | Look out

# Light'N' Layered

## How to bundle up brightly in this brisk Easter season

Right alongside chocolate bunnies and jellybeans, floral frocks in candy hues are a sign that the Easter season is here.

It's the season when cooped-up kids can finally go outside, often in their fashion finery, and search for all those colorful eggs. This year, though, the holiday falls early; March 23 is just two days into spring and could feel more like the end of winter.

Last year's average temperature in the contiguous U.S. during March was 48.1 degrees, but that was during the second warmest March on record. Even so, it's not a temperature conducive to lightweight dresses or cute little shirts.

Luckily, the layered look is in.

Fight the urge to just throw the heavy down coat on top of the pastel springtime clothes, says Jennifer Smith, fashion director at Cookie magazine. It will take more thought and effort to get the layers right, but the result is worth it, especially if photos are involved, she says.

For girls, tissue-thin, long-sleeve T-shirts can go under dresses — and cropped sweaters, cardigans or A-line jackets with a Peter-Pan collar can go on top. They can wear leggings, heavy cable-knit or flat opaque tights in pink or white.

At a recent cool photo shoot, she experimented with turtlenecks underneath warm-weather clothes, but they just looked too wintery, even if they were light colors. She dressed boys in long-sleeve button-down shirts with either sweater vests or suit-style vests, just not fall-feeling tweeds.

David Hacker, vice president of trend and color at Kohl's, also likes the sweater vest-shirt combo for boys with khaki pants, while his all-weather suggestion for girls is a long-sleeve wrap dress.

For young ladies who prefer pants, Hacker suggests brown or black pants with a brightly colored long-sleeve T-shirt with a short-sleeve dress shirt on top.

> This year, Easter falls early, but that doesn't necessarily mean children have to wear their heavy winter coats. Girls can try a Candie's eyelet dress, and boys will be dapper in an Arrow vest.

> "You can still be warm in dusty pink instead of the cranberry red color you wore at holiday."
>
> **KAREN MEENA**, BUYER

Karen Meena, vice president of buying and merchandising for Ron Robinson at Fred Segal, will steer her customers toward light colors.

No matter how many layers the children are wearing or if they have on cashmere instead of cotton, they'll look fresh and at least lighter in attitude if they have on turquoise or pale peach, Meena says.

She thinks her upscale and hip customers will love a girls cardigan with a little bow at the collar by Little Marc, the children's line by Marc Jacobs, and a puff-sleeve dress in a peach-and-pomegranate stripe by Ella Moss.

She adds: "You can still be warm in dusty pink instead of the cranberry red color you wore at holiday."

SAMANTHA CRITCHELL (AP)

## Beauty

### Bee Calmed

After a long day in the coal mine, er, newsroom, there's nothing more soothing than hot tea and a hot bath. **L'OCCITANE'S HONEY & LEMON FOAMING JELLY** ($20, Usa.loccitane.com) puts the best things you might stir into a cup of Sleepytime (except bourbon) into shower-gel form. We wish it came in a squeezable bear, but the citrusy goop that squirts out of the sophisticated bottle foams nicely, and unlike the real bee product, isn't gooey. We'll use it until someone makes a person-size mug we can steep ourselves in.

JENNIFER BARGER (EXPRESS)

## Skin Care

### Ultra-Good

Kiehl's **ULTRA FACIAL CLEANSER** ($15, Kiehl's.com, not shown) and **ULTRA FACIAL TONER** (17.50) join Ultra Facial Cream and Ultra Facial Moisturizer in the Ultra Facial suite. And now we have used our "ultra" allowance for 2008. Like their sisters, they have no frills and no pretensions. These are mild, colorless and fragrance-free products that work on any skin type. The gentle toner has but a hint of astringency; the cleanser is pleasantly thick and lathers like soap, without drying like one. They are, in many ways, the universal skin care line, the Protestant work ethic of the beauty world.

HOLLY J. MORRIS (EXPRESS)

# Look out Online

## readexpress.com

### site specifics

MUSIC

**Looking Up at the Stars**

Despite famous friends, fawning press and brilliant radio-ready songs, Jessie Malin feels he is unknown where it counts most: the public. The tirelessly touring musician hits Jammin' Java on Wednesday, and Tim Follos spoke to the Replacements-like rocker about his glittery songs from the gutter. | COMING UP

A PLEA

**Fix 'Family Guy'**

Seth MacFarlane's madcap Griffin clan has delighted viewers for nearly a decade, but at least one viewer — Express' Greg Barber — thinks it's close to losing its comedic touch. Read his open letter to MacFarlane and see whether you agree. | ONLINE NOW

SOUND BETS

**Is Free Too Expensive?**

The Charlatans U.K. have danced around since the Madchester days, and the garage-pop group is giving away its new album, "You Cross My Path." Visit our home page to see the video for "Oh! Vanity" and find out where to snag some free tracks. | ONLINE NOW

### comment board

"If Obama had lost the last eleven contests in a row, he wouldn't still be considered in contention. The only reason [Clinton is] is [because of] her last name."

**COMMENTER PMMJ**, WHO ADDED, "IF SHE CAN'T TAKE TEXAS AND OHIO, SHE NEEDS TO BOW OUT FOR THE GOOD OF THE PARTY."

"Well, being that the Democratic Party uses proportional delegate assignment instead of winner-take-all, it really doesn't matter who 'wins' at this point."

**COMMENTER AK**, WHO ADDED, "THE POINT SPREAD OF DELEGATES IS STILL CLOSE. THIS NOMINATION WILL BE DECIDED AT THE DNC."

"Hillary's staying in the race would only help the Republican Party. She should follow Mitt Romney's example and get out now if she wants the Democrats to win in November."

**COMMENTER PHILLIP**, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "SHOULD HILLARY CLINTON DROP OUT OF THE RACE IF SHE LOSES IN TEXAS AND OHIO?"

### poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

SHOULD HILLARY CLINTON DROP OUT OF THE RACE IF SHE LOSES IN TEXAS AND OHIO?

**72%** YES

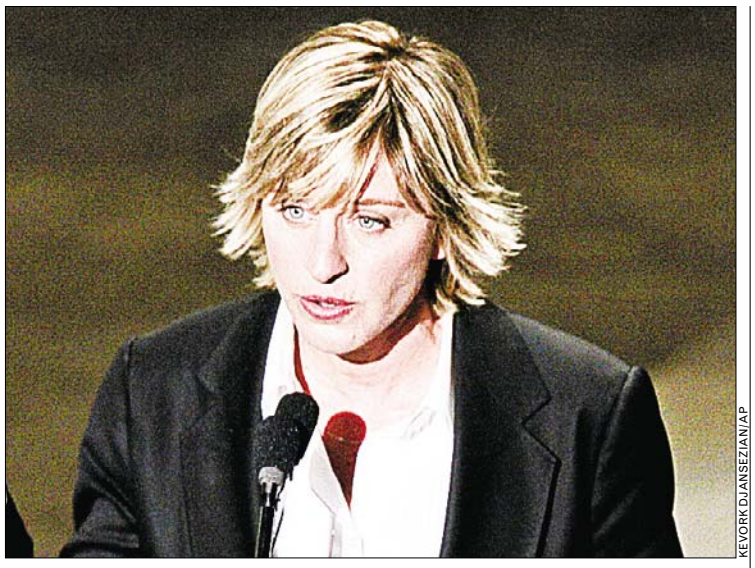
**28%** NO

SEE HOW YOUR METRO STATION VOTED AT READEXPRESS.COM/POLLCENTER.PHP

## Blog LOG

"If [Obama's] current poll numbers in Ohio and Texas are as inaccurately low as they were in Wisconsin, he will defeat Clinton handily."

AN **AMERICABLOG.COM** COMMENTER THINKS ILLINOIS SEN. BARACK OBAMA WILL WIN TUESDAY'S PRESIDENTIAL PRIMARY BATTLES IN TEXAS AND OHIO.



KEVORK DJANSEZIAN/AP

"I don't think Ellen is actually suggesting that you should eat the food, just that you can if you want to."

**CELEBITCHY.COM** RELAYS NEWS OF ELLEN DEGENERES' NEW LINE OF ORGANIC DOG FOOD, WHICH IS SAFE FOR HUMAN CONSUMPTION IN THE EVENT OF AN EMERGENCY OR NATURAL DISASTER.

"**SHE WORE** skin-tight black jeans, four-inch spike heels and a black puffy coat, smoking a cigarette. The look was unmistakable. ... But ... trying to turn a trick in the middle of a commuter corridor during rush hour couldn't have landed much success."

**ARDVAARK.NET** RECENTLY SAW A D.C. PROSTITUTE ON THE PROWL ON 13TH STREET NW.

"**[JOHN] CATOE** said customer feedback shows that Washingtonians don't like being seated in such a way that forces us to look at one another. Could it be that we're actually less friendly than New Yorkers?"

**DCIST.COM** RELAYS NEWS THAT METRO HAS DECIDED TO SCRAP PLANS TO INSTALL BENCH SEATING IN ITS RAIL CARS.

"**PULLING UP IN A CAB** to a hipster dive bar is a major social faux pas. Any hipster worth his calculated pose of cynical detachment would walk to his bar of choice, since he automatically lives a few blocks from it.

**ROISSY.WORDPRESS.COM** WAS LAUGHED AT WHILE ARRIVING AT A HIPSTER BAR VIA CAB.

## Discussions

### NBC's 'Medium'

**GLENN GORDON CARON**, producer and creator of "Medium" on NBC, was online Monday and talked about the show, which stars Patricia Arquette as a psychic who sees clues to crimes in her dreams.

**While we watched the show from the first episode, last year's season was so violent, my wife couldn't take it anymore. Was there pressure from NBC to make it more explicitly violent?**

The fault is mine, all mine. I believe a certain amount of darkness and, I suppose, violence is part and parcel of the world we depict. The real Allison is someone who is very much in touch with the darkest aspects of the human experience, and I feel a certain obligation to honor that in the stories we tell. If I have offended you, I apologize.

**Why did the show decide to "out" Allison last year?**

She was "out" in real life, and there was a sense that it would shake things up in a healthy way and give us a new way to tell stories. So far, I feel quite good about it. Wait till you see where the Anjelica Huston arc goes ... and none of that would have been possible if Allison were still a secret.

**It's been shown that no proof of real paranormal activity exists; how can you keep doing a series that says it's based on a "real medium" and not have a disclaimer of the paranormal?**

The series is true to Allison's perception of the world. I, too, have questions about psychic phenomenon, but I also think it's arrogant to assume we know everything about how different people perceive the world and how individual sensitivities might allow certain people to intuit things that some of us can't understand.

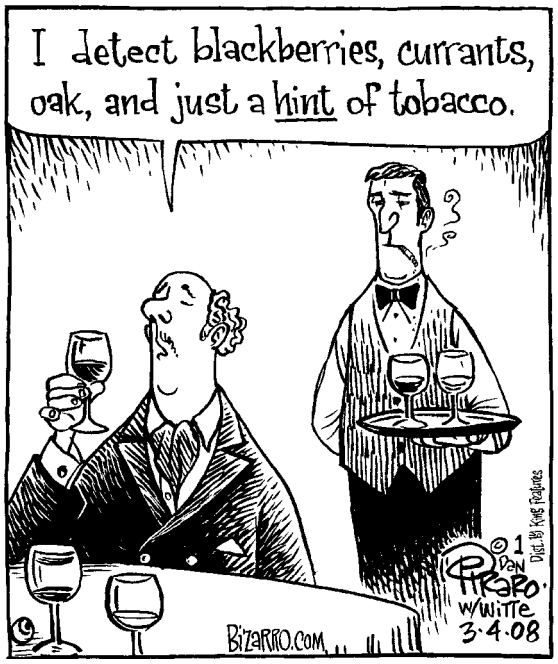
**TODAY ON DISCUSSIONS:** Post associate editor Robert G. Kaiser breaks down the returns from Texas and Ohio at 7:30 p.m. | **washingtonpost.com/discussions.**

## DO

**INDULGE YOUR PUBLIC TRANSPORTATION FANTASIES.** Blogger David Alpert has created an imaginary map of Baltimore-Washington area that shows what the area would look like if multiple proposed transit improvements were actually built. To see the map, head to Greatergreaterwashington.org.

# Look out

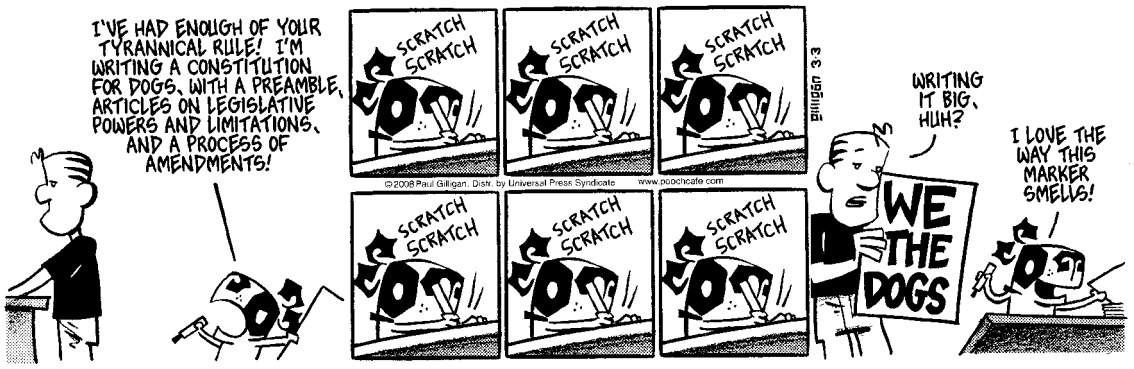
## Bizarro | *Dan Piraro*



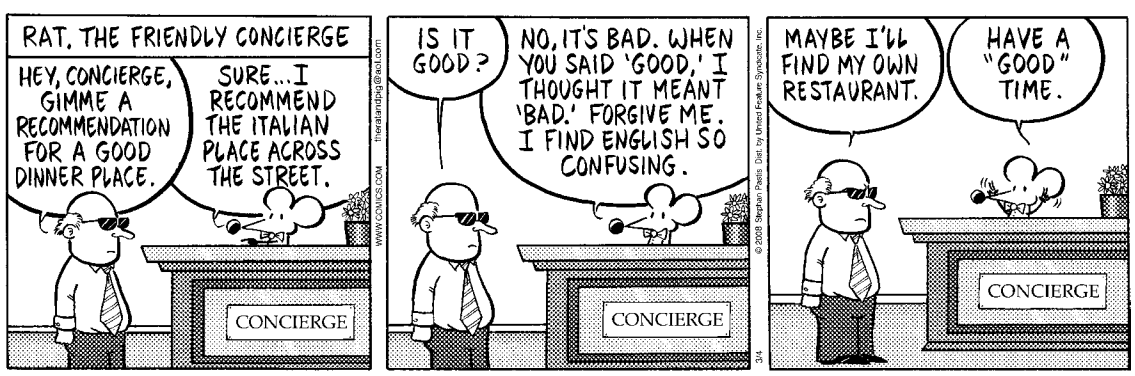

## Cornered | *Mike Baldwin*

"You had him and lost him. Too much trash-talk – not enough 'Gimme your wallet.' Quit ad-libbing. Stick to the script."

## Pooch Cafe | *Paul Gilligan*




## Pearls Before Swine | *Stephan Pastis*




## The Duplex | *Glenn McCoy*

## Horoscope

*By Stella Wilder*

**PISCES (Feb. 19-March 20)** An early start will enable you to set one thing aside in favor of another when and where you choose, simply because you have some breathing room.

**ARIES (March 21-April 19)** An unusual display of affection may take you off guard. Think twice before responding instinctively. Remain calm.

**TAURUS (April 20-May 20)** Don't be so independent that you are unable to ask for assistance when you really need it. Reach out when you feel the need.

**GEMINI (May 21-June 20)** You can't afford to turn down every invitation that comes your way at this time, as one or two may actually involve working relationships.

**CANCER (June 21-July 22)** You deserve to be recognized for something you have only recently accomplished, but you're going to have to be patient.

**LEO (July 23-Aug. 22)** You may find yourself waiting for someone else to come through for you before you can come through for a third party.

**VIRGO (Aug. 23-Sept. 22)** Your potential is on the rise at this time, but you may not be in the mood to plan ahead. You'll be tempted to wing it all day long.

**LIBRA (Sept. 23-Oct. 22)** Yes, that's you behaving that way. The stars aren't likely giving you an easy time of it, but you're not trying to make things easier, either.

**SCORPIO (Oct. 23-Nov. 21)** You can formulate a plan that allows you to pursue two interests at once. You do realize, however, that you may soon have to prioritize.

**SAGITTARIUS (Nov. 22-Dec. 21)** You can increase your earning power at this time, but don't give up any of your independence in the process.

**CAPRICORN (Dec. 22-Jan. 19)** You can't afford to waste any time; go straight for your objective with single-minded determination and you can claim a major victory.

**AQUARIUS (Jan. 20-Feb. 18)** You'll play a major role in the affairs of a Cancer native, but be willing to give him or her the credit for what ensues.

AP

Nancy Davis, center, and Ronald Reagan, right, on a movie set, wed today in 1952.

## Today in History

**1681** England's King Charles II grants a charter to William Penn for what became Pennsylvania.

**1789** The Constitution of the United States goes into effect as the first Federal Congress meets in New York.

**1858** Sen. James Henry Hammond, D-S.C., declares "Cotton is king" in a speech to the U.S. Senate.

**1861** Abraham Lincoln is inaugurated president.

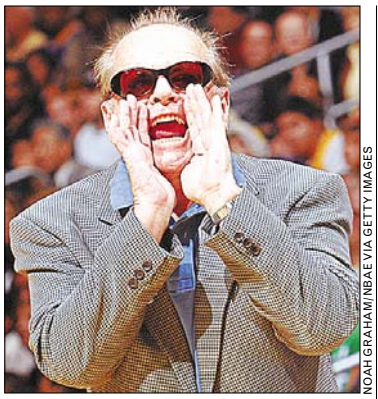
**1933** Franklin D. Roosevelt is inaugurated president, pledging to lead the country out of the Great Depression.

**1952** Actors Ronald Reagan and Nancy Davis are married in San Fernando Valley, Calif.

**1998** The Supreme Court rules that sexual harassment at work can be illegal even when the offender and victim are of the same gender.

PostPoints DAILY CODE DT

# Look out | People



NOAH GRAHAM/NBAE VIA GETTY IMAGES

"What did you say YouTube was, again?"

CONFUSED

## Old Fuddy-Duddy Tries To Exploit Online Video

**JACK NICHOLSON**, who is backing Sen. Hillary Rodham Clinton for president, took his endorsement to the Internet on Saturday with a humorous collection of clips that put his support into the mouths of his most film famous characters. (AP)

POLITICS

## Clinton Loses Crucial Hip-Hop Impresario Vote

**RUSSELL SIMMONS** said Sunday he is endorsing Barack Obama for president. Obama has built an unprecedented national movement of people from all ethnic, racial, political, social and economic backgrounds, Simmons said in a news release. (AP)

NANCY OSTERTAG/GETTY IMAGES

ITEMIZATION

## It's Tax-Deductible

**DREW BARRYMORE** has donated $1 million to the U.N.'s World Food Program to feed Kenyan children, Reuters reported. Barrymore, 33, announced her gift on "The Oprah Winfrey Show," hoping to spark interest in the organization's "Fill the Cup" campaign, which aims to raise $3 billion and feed 59 million children for one year. (EXPRESS)

BREAKFAST

## Kid Rock Not Guilty Of Getting Syrup on His Bacon

He is guilty of too much ketchup on his hash browns.

**KID ROCK** has pleaded not guilty to a charge of battery from a fight at a Waffle House in Atlanta. His attorney waived an arraignment hearing and entered the plea on Kid Rock's behalf. He and five members of his entourage were arrested Oct. 21 on a misdemeanor charge of simple battery. The charges stem from a fight at a metro-Atlanta Waffle House. Officials say a fight broke out after another customer recognized a woman in Kid Rock's party and exchanged words with her, prompting Kid Rock to exchange words, too. (AP)

AWWWW

## Jagger Flattered, Charmed

**MICK JAGGER** escaped an assassination plot hatched in 1969 by the Hells Angels, a BBC documentary claims. The program says Jagger was the target of the plot following a purported dispute with the motorcycle gang over concert security. He had vowed not to use Hells Angel members as bouncers following the 1969 death of an 18-year-old fan at a notorious free performance at Altamont Speedway. (AP)

HEE

## Rapper Wishes He'd Never Chosen Such a Punny Name

Playtime is over for **THE GAME**, who began serving a 60-day jail sentence for felony firearm possession. The rapper turned himself in Sunday at the Twin Towers Correctional Facility in Los Angeles, according to the sheriff's department. He was convicted last month of possession of a firearm in a school zone. (AP)

ETHAN MILLER/GETTY IMAGES

That's right. Playtime really IS over.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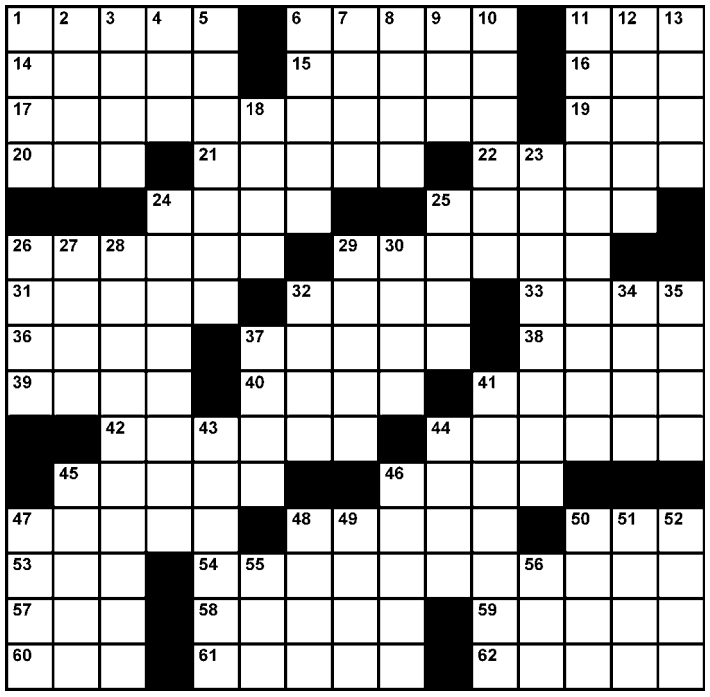
# Look out

## CROSSWORD | BYE-BYE

EDITED BY TIMOTHY E. PARKER



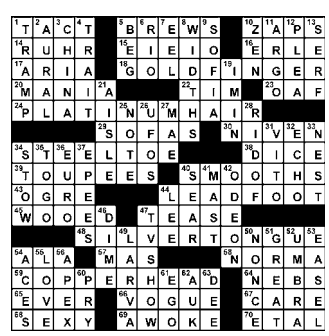
### ACROSS

1 Grp. that awards the Spingarn Medal
6 Georgia city on the Ocmulgee
11 Place with curative waters
14 Prenatal exam, briefly
15 Caribbean resort island
16 Consumed
17 Diet-breaking dessert
19 Scandalous suffix
20 "Ain't ___ Sweet"
21 Certain Balkan native
22 Group guarded by a eunuch
24 Goatee locale
25 Origami need
26 Newsman Charles
29 "Hospital smell" chemical
31 Throat clearing sounds
32 Tight as a drum
33 Have the appearance of
36 Crime category
37 Wishy-washy answer
38 Push "record"
39 "Nope"
40 Spring blossom or part of an eye
41 Graceland idol
42 Man or woman
44 Presidential delivery
45 Stable occupants
46 New Mexico art colony
47 Sharpened
48 Squirrel treat
50 Balaam's rebuker
53 Like an unmatched sock
54 Offramp
57 Relay segment
58 Indian, for one
59 Mediterranean republic
60 "Don't Bring Me Down" rock group
61 Doctor's barrage
62 Corralled animal

### DOWN

1 Apprehends
2 Chinese nursemaid
3 "Ella Enchanted" star Hathaway
4 American equivalent of Britain's MI6
5 Rain gear
6 Gardner's fictional attorney
7 It's plucked in Roma
8 Extremist religious group
9 "Shogun" sash
10 Lane of "The Producers"
11 Tar's time off
12 More ashen
13 Comic Sandler
18 Drought-stricken
23 Last Supper attendees
24 Words spoken while flexing a finger
25 Guitarist Townshend
26 Hawaiian island
27 Ex-Iranian VIP
28 Vim and vigor
29 ___ full (satisfy a debt)
30 Centers of activity
32 Poi-making tuber
34 Kind of proportions
35 Screen material
37 Fail to make contact with
41 Words derived from people's names
43 In great demand
44 Teasdale the poet
45 Runway figure
46 Some municipalities
47 Bagel's center
48 Years on end
49 Cyberspace conversation
50 Car bar
51 Something to build on
52 Marquee performer
55 Berg composition
56 What one must do to be a gourmand

### Yesterday's Solution



## SUDOKU | MEDIUM

**Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.**

**Need more Su|do|ku?**
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

### Yesterday's Solution

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 4 | 3 | 6 | 8 | 2 | 7 | 9 | 1 |
| 7 | 6 | 9 | 3 | 1 | 5 | 4 | 8 | 2 |
| 2 | 8 | 1 | 4 | 9 | 7 | 3 | 5 | 6 |
| 6 | 9 | 5 | 2 | 4 | 8 | 1 | 3 | 7 |
| 4 | 3 | 8 | 9 | 7 | 1 | 2 | 6 | 5 |
| 1 | 2 | 7 | 5 | 3 | 6 | 8 | 4 | 9 |
| 3 | 1 | 2 | 8 | 6 | 9 | 5 | 7 | 4 |
| 9 | 7 | 4 | 1 | 5 | 3 | 6 | 2 | 8 |
| 8 | 5 | 6 | 7 | 2 | 4 | 9 | 1 | 3 |

© PUZZLES BY PAPPOCOM

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | | 6 | | | 2 | | 1 | |
| 2 | | | | 6 | | | | 8 |
| | | 8 | | | 1 | 2 | | |
| | 4 | 2 | 1 | 5 | | | | |
| | | | | | | | | |
| | | | | 8 | 3 | 7 | 6 | |
| | | 3 | 4 | | | 1 | | |
| 9 | | | | 1 | | | | 5 |
| | 8 | | 6 | | | 4 | | 3 |

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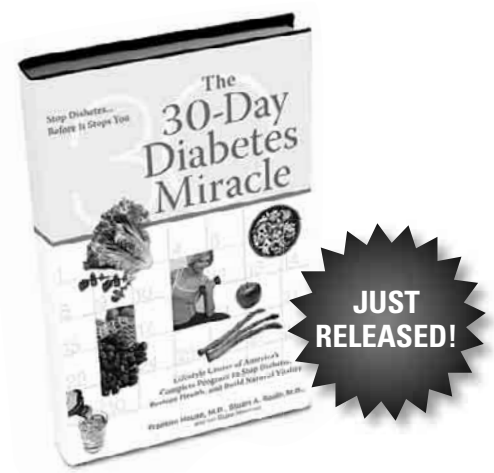


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# fit

**E10**
Psoriasis couldn't stop 'Top Model' CariDee English

Keep carbs coming to avoid hitting the wall in a race **E5**

Pistachios and seven other foods to foil freak-outs **E8**

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# ropeburn

FACE-OFF AGAINST YOUR FRIENDS AND YOUR MUSCLES WITH BATTLING ROPES **E4**

MARGE ELY/EXPRESS

# BaggageCheck

**GOT ISSUES?** DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

## I Love You, But I'm Not Your Mom or Maid

**Q My boyfriend has become more and more lazy as time goes by. I already feel like I'm a nag, and we don't even live together. I end up cleaning up his place quite often because I can't stand it when I'm there. I run his errands because I know if I don't, he will not have stamps for bills, or will run out of toilet paper or toothpaste. I know this is screwed up, but he just has become so lazy. I love him so much, but I can't imagine us living together or someday getting married without my having to become his mother.** — IT'S GETTING OLD

There are many Goofus-and-Gallant partnerships that are as happy as a trip to Disney World. But there are others that crash and burn (especially AT Disney World, where the fanny-packed Monorail timers wage a daily war with the dawdlers, gawkers and loafers.)

*"Mom, Dad, this is my boyfriend, Roger. He is so happy to finally meet you."*

ERIC REECE

Which traits differentiate these two sets of couples? Respect, appreciation, genuine willingness to assume their roles and openness of communication are a few. You have to level with your boyfriend about your feelings. It could be that he's like a slacker at a four-star hotel: He doesn't bother to pick up the towels because he knows that someone will do it for him, and with a little nudging (and perhaps the threat of an empty minibar), he'll improve. Or maybe he can't improve and can be happy only with someone who's willing to do a bit of management for him, lest he end up in an unheated apartment with nothing but one dried-up lime in the refrigerator.

> Perhaps he's driving you up the wall, one toilet-paper roll at a time.

Perhaps it's a power struggle and he's passively aggressively driving you up the wall, one toilet-paper roll at a time — or maybe he's depressed, stressed or just oblivious. Have the talk, hear him out, and his actions over time (doing that night's dishes doesn't count) will tell you what you need to know.

## Retroactive Jealousy

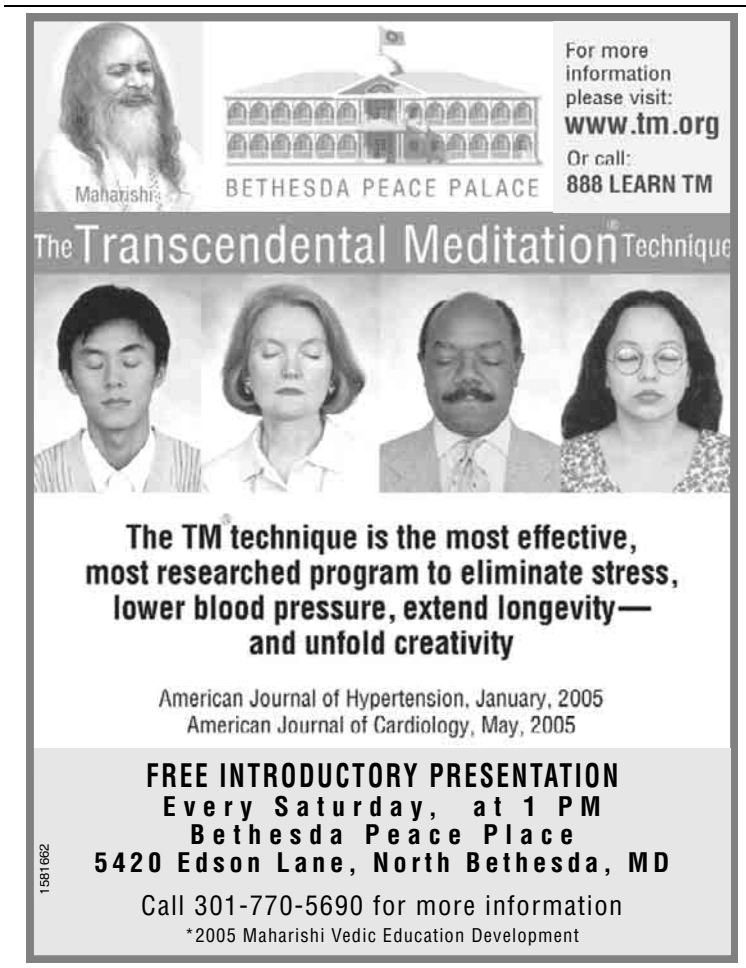
**Q The friends of the woman I am seeing are constantly making references to her past ways. Apparently, she was fairly promiscuous. We are all in our 30s, and I've actually been married before, so I don't feel I have a right to judge her about her past. We are obviously adults, and people change. But it still bothers me. We haven't spoken explicitly about any of this. But I have never dated anyone I consider to have values different than my own. How does somebody get over this — or does he?** — CONCERNED

One somebody does get over this, while another somebody has trouble looking at the small of his girlfriend's back without visualizing whose hands were there before his own. And when those hands have belonged to enough people to make up an Australian rugby league, the discomfort, of course, can be harder to handle.

Which somebody will you be? Well, you have to figure out exactly why this bothers you: that she may have a different value system than yours? That there are things her friends know and you don't? Garden-variety jealousy? A medley of those greatest hits?

Only then can you figure out whether you really can be with someone who knew the frat house like you knew the library. Arguably, a little more time can help no matter what — the better you get to know her, and the more emotional intimacy you develop, the more you'll know whether you're in love with her as a whole person, flaws and all. And, hey, with any luck, those flaws will include having friends who unflatteringly exaggerate the truth.

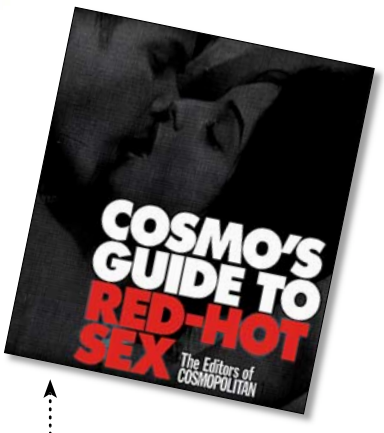
@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

# Goods | fit

NEW IN HEALTH

## warm ups




### CHILL FACTOR

Ice packs freeze flat, but your body is curved, meaning you're more likely to grab the frozen peas the next time a body part is aching. Or you can slip the hurt limb into a reusable Torex Hot/Cold Therapy Sleeve ( $13-$25, Torexhealth.com). And because you wear them, your hands are free to open the Advil.

### DAIRY DELIGHTS

Diego and Dora will get the playground crew intrigued with Yoplait Kids. And their parents may actually buy them (although they can get a free coupon at Yoplaitkids.com) because the 4-ounce yogurts and mini shots of yogurt drink come infused with DHA, a brain booster.

### NOW HEAR THIS

The gym stereo is blasting Enya. Don't panic — just check for your Walkman video MP3 player. Sony is launching a new line of the sleek devices. Some come with noise cancelling capabilities ($150-$200), others boast Bluetooth ($270-$320), and some are even pink ($200).

### BEDTIME STORY

Just perusing the index ("dirty dangle position 155," "perineum, rubbing 74-76") of "Cosmo's Guide to Red Hot Sex" ($25, Hearst) is enough to make you want to shower. Possibly with someone else. There's info on techniques, toys and tapes (should you make one? Probably not.)

## GUINEA PIG

### Limb-er Up

■ Tanita's Ironman Inner Scan Body Composition Monitor ($300, Thecompetitiveedge.com), which measures the body fat and muscle mass of each limb, will tell you more about your own asymmetry than you probably ever wanted to know. And a bunch of other things, like your hydration level, bone mass and metabolic age (if it's more than your real age, you need to exercise).

For our 33-year-old subject, the results were consistent with a skinfold test. For our 24-year-old guinea pig, the scale went kind of crazy, initially telling her that one arm was 8.8 percent fat and the other 28.2 percent. This rectified itself on the second try. We have to assume we did something wrong the first time, because this scale is seriously way smarter than any human, if a little touchy. It flatters, too, charmingly telling the elder tester she was 19. And not so charmingly, the younger tester that she was 12.

If you're trying to balance out strength in your right and left sides, or want to target specific body parts, this thing's pretty useful. Even if not, it's still really fun. HOLLY J. MORRIS (EXPRESS)

# fit | Phys Ed

## THE MISFITS

### Hear Me Out

**Q Would you please speak to the astonishing noise levels in cycling studios? This blare from "music" can also be found in any group classes (at least at my gym: Sport & Health at Tysons). I would like to take part, but not for the price of damaging my hearing.** — MARIANNE

■ I predict you're about to have a new favorite piece of equipment at the gym. It isn't some high-tech elliptical or a cable-based weight machine. It's a decibel meter — and many gyms, including yours, have one. The next time you can't ride without clamping your hands over your ears and cursing the entire techno genre, ask the manager for a dB reading. The noise in the gym should never exceed 80 decibels — the level set by the EPA as safe, says Teri Bothwell, group exercise director for the Sport & Health chain. That's no louder than a bustling city street.

If the meter confirms your suspicions of rock concert-esque sound levels, your instructor will want to take it down a notch — or risk losing certification from such groups as the American Council on Exercise. But if the volume's right at 80, you'll have to face the music. For every club member who complains about the racket, as you do, there's another begging for extra bass. "It's always a balance of loud enough to motivate but not being too loud," Bothwell says. "Having quiet, soft music works in yoga, but not in cardio." You might try picking a bike as far away from the speakers as possible. Earplugs could help, too.

@ Vicky Hallett is one of the MisFits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact the MisFits at misfits@washpost.com.

MARGE ELY/EXPRESS

**ROPE FIEND:** Adam Wharton demonstrates how to get "Battling Ropes" to do the wave. Even he gets pooped in minutes.

# Don't Drop the Rope

## Whip, ripple and drag yourself into shape with these colossal cables

When Adam Wharton first laid eyes on his latest favorite piece of exercise equipment, he said to himself, "Holy cow! I've never seen anything like this!" Of course, the area fitness director for Bally Total Fitness had probably been in the presence of thick ropes before — at least hanging from the gym ceiling in elementary school — but "Battling Ropes" expands the activity options way beyond mere climbing.

Their fan base already includes the Cincinnati Bengals and the Army Special Forces, and now Wharton is on a mission to get them into every local Bally gym within the next few months for personal training and group exercise classes. Developed by North Carolina-based strongman John Brookfield — a man known for feats like dragging a semi for a mile uphill with a buddy — the system is based on a simple premise: Moving a rope can be difficult.

That's especially true with the one Wharton prefers, a 40-pound 50-footer that's 2 inches in diameter and dubbed "The Anaconda." Beginners are supposed to start out with the standard rope, which is 1.5 inches in diameter. But just gripping either is a test of hand strength you can't get from slender dumbbells.

Now wrap that rope around a stationary object, hold the two ends and walk far enough away so that they're nearly taut. Then try standing in place with your knees slightly bent into a squat while whipping the rope into a series of ripples. "Feel it jerk you forward?" Wharton asks. Indeed, core stabilization is the only thing keeping ropers upright, which makes this movement a killer total-body workout.

Those waves may be fun to watch — "visually stimulating," as Wharton puts it — but they're tough to create. After learning the ropes (literally) from Wharton, personal trainer Nick Henderson began working them into sessions with clients at the Pentagon Row Bally gym. At first, many of them can't generate enough power to get the ripples running the full 25 feet. "But then they get the hang of it and can see their improvement," he says.

At that point, they're ready to move on to the "sport form" of battling ropes — the activity that gives it the war-like moniker. Competitors stand facing each other with one rope in each hand and then start rippling like mad. The waves crash against each other until the less powerful ones are vanquished, snapping the ropes out of the loser's hands.

Does your anaerobic threshold need a break? Sample yet another way to work the rope: the "pull platform." This involves wrapping it around a pole, then dragging it toward you hand over hand until your muscles burn. It looks a bit like what sailors do on the docks, but it induces so much huffing you won't be busting out into any sea shanties — especially if you're kneeling, lying on the ground or have your back to the pole, all of which make the movement even more difficult. Wharton suggests aiming for mileage (as in, "In this workout, I'm gonna pull 3,000 feet!") or time ("I'm going to get though all 50 feet in 30 seconds.")

No matter which form you choose, you're bound to reach the end of your rope eventually. But it gives new meaning to feeling whipped into shape. VICKY HALLETT (EXPRESS)

## TRAIL BLAZERS

### The Wheel Deal With Bike Law

■ After cycling his way to the U.S. national title and two Olympic games, Bob Mionske decided to take on the most challenging ride he could find: The American legal system. He's now a lawyer based in Portland, Ore., specializing in cyclists' legal issues and recently authored "Bicycling & the Law" ($19, VeloPress). Mionske's bringing his talking points to D.C. this week for the National Bike Summit (see Bikeleague.org for more info on his and other events).

Didn't know there were legal complications to biking? Just think about all of the accidents. "I don't know many people who ride who haven't been hit by a car," he says. As drivers tend to fret more about dents in the bodies of their vehicles than they do about actual human body damage, it can be tricky to keep perps from bolting after a crash. There are some laws on the books designed to protect riders (in Maryland, for instance, it's illegal to toss objects at cyclists), but Mionske has found through his practice that they're frequently ignored. All too often, he adds, drivers who injure cyclists get off with no penalty at all, not even a ticket. V.H.

ISTOCK

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# Up Against the Wall

## Carbs are the key for keeping the energy high in an endurance event

You're at mile 20 in the marathon, feeling no pain, striding at a comfortable pace, with the wind at your back. Suddenly, you feel a wave of fatigue so strong it's as if your body wants to melt into the pavement. Then comes a rush of dizziness — and disorientation. You've hit the wall.

The bane of long-distance runners and endurance athletes, the dreaded wall can derail the best marathon plans. But it's neither inevitable nor insurmountable.

The feared episode occurs when the body uses up its stockpile of glycogen, a stored form of glucose that's kept in the liver and muscles. Glycogen is the main fuel used during sustained exercise and largely comes from carbohydrates such as pasta, bread, fruits and vegetables.

When the glycogen stockpile is gone, "the body doesn't have that fuel source available and must then transfer to another fuel source, which is fat," says John DiFiori, chief of the sports medicine division at the University of California, Los Angeles. "It can be used as energy, but it's not as efficient an energy source as glycogen."

Low blood sugar doesn't just distress the muscles, says Robert Sallis, director of sports medicine at Kaiser Permanente Medical Center in Fontana, Calif., and president of the American College of Sports Medicine. "The brain needs sugar to work as well, and, actually, it's more sensitive to low sugar than the muscles are."

In a marathon, that depletion can happen at any time — often around mile 20, sometimes at about two hours. The telltale signs can develop slowly or quickly; many runners describe it as a switch being flipped.

> "You've exhausted all those carbs, and you're going to feel lousy."

When hitting the wall, runners should slow their pace and immediately take in carbs in the form of sports drinks, gels, energy bars or fruit, says Sallis. He suggests taking in carbs every 45 minutes or so during the race and being aware of any major drop in energy or feelings of wooziness. "For a lot of people who are doing their first marathon, their longest training run has been 20 miles, so the rest is unchartered territory."

Sallis adds that if runners decide to pass on the carbs and keep going, "most are still able to get through it. It's not typically something that makes you collapse — it just slows you way down. Most people still finish." The body, he says, has enough fat stores (even in thin people) to keep it going. But feeling as if you can't go on at all, he says, may be a sign of something more serious, such as heat stroke.

Experienced runners know to load up on carbs before a race, but Sallis warns about piling on too much. "We can only store so much," he says, "and by eating too many carbs, you can become bloated and sluggish, and that's no way to start a race."

Most exercise experts recommend having sensible portions of high-carb foods such as pasta the night before a marathon, then more carbs on the morning of the race. This is the optimum fuel the body will need to perform.

Runners need to take in carbs immediately after the race, too, says DiFiori. "You've exhausted all those carbs, and you're going to feel lousy and sluggish. Start with the basics — energy bars, really digestible stuff, then work your way into more normal foods. It still takes a while for the circulation to go back to the gut."

JEANNINE STEIN (LOS ANGELES TIMES)

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# Boot Camp + Spin = Torment

## A double-trouble workout brings strength training to calorie burning

work it out

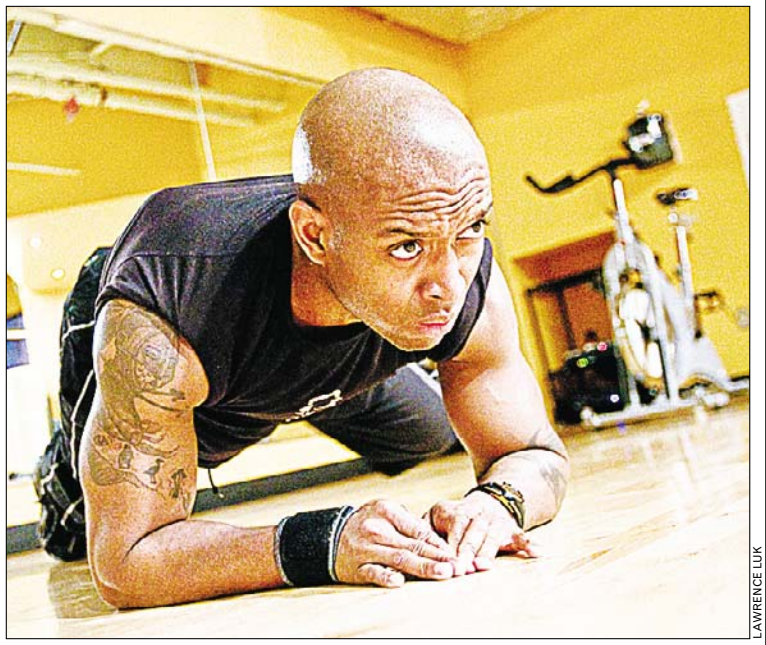
Vida Fitness trainer Antoine Robinson has a knack for making members hurt with his military-style boot-camp classes. (His other gig? Training Army Ranger recruits.) But when he was chatting with Adriane Morgan, a Vida cycling instructor known for her utterly draining rides, the duo realized that tag-teaming their methods could really bring the pain. The result: Boot Camp Cycle. Which they decided to schedule at 6 a.m.

### What It Is

Morgan and Robinson move bikes from the Spin room into a line at the back of the fitness studio, so that everyone gets their own set of wheels along with plenty of floor space to move. The class starts right away with about 10 minutes of cycling. Morgan barely gives you time to hum along to Michael Jackson before she starts cranking up the resistance. From there, Robinson leads about 10 minutes of strengthening drills punctuated by his yelling or the students' moans. Then, back to the bikes. The hour continues to alternate between five to 10 minutes of cycling and floor moves before ending with a few quick stretches.

### Workout

The high-intensity hour gives you both a cardio blast and strength training workout. "The point is to make you fit to live so you can handle everything," says Morgan, who estimates that each class burns 600 to 800 calories. "It's the best of both worlds." (Though after an hour of pain, it felt more like the worst of both.) Within just 10 minutes, students were already mopping sweat off their handlebars. By the end of class, some were opting out of the more difficult floor moves. Others made their own modifications, such as dropping to their knees for the push-ups, ignoring Robinson's taunts.



LAWRENCE LUK

**DOUBLE TROUBLE:** Antoine Robinson's other job is training Army Ranger recruits.

### Moves

In a studio packed with benches and Bosu balls, it's easy to forget how much you can do with your body weight alone. Robinson's workout is straight-up old-school: plenty of push-ups in every imaginable variation, including a torturous move that involves putting all your weight on one arm while lifting into a side plank. Jumping jacks are mixd with flutter kicks and squat thrusts. No crunches here: You do the real-deal sit-ups and even harder V-ups, in which you lie flat and bring your upper and lower body up into a "V." Morgan's punchy bike workouts keep the lower body burning with a variety of hill drills and speed intervals, all set to a harder-core soundtrack than the typical techno — Guns N' Roses, OutKast.

### Crowd

Robinson's boot camps are always packed with muscle-builders, while Morgan attracts svelte fitness junkies looking for a major calorie burn. Their combined class brings the two camps together. "We wanted to introduce different types of workouts to people who were used to doing only one thing," says Morgan. The first session, this past Tuesday, drew only half a dozen or so masochistic students — mostly male — who planned to come for more next week. As word gets out, Morgan says, the class should fill up with cardio queens and bench-press kings groaning in unison.

RENUKA RAYASAM

**Class is held Tuesdays at 6 a.m. at Vida Fitness, 601 F Street NW. For more info: Vidafitness.com or 866-382-8432.**

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# Fab Freak-Out Foods

## Eight edible ways to reduce your stress, lower your blood pressure

Forget everything you've heard about stress-eating being a bad thing. If you put the right foods in your pie hole (i.e., not pie), noshing when your nerves are jangling can actually calm you down. These yummy, easy-to-find foods soothe stress and can counteract the damage that chronic pressure does to your bod. Stock up on the lot of them so that when the tension rises you can eat instead of freak.

### Almonds, Pistachios & Walnuts

When all hell breaks loose, reach for a handful of almonds. They're bursting with vitamin E, an antioxidant that bolsters the immune system. Almonds also contain B vitamins, which may help your body hold up during seriously unpleasant events (like getting a year's membership to Match.com as a present). About a quarter cup every day is all you need.

Sick of almonds? Shell pistachios or crack walnuts. Both will help keep your heart from racing when things heat up. A 2007 Penn State study found that eating 1 1/2 (about a handful) of pistachios per day lowers blood pressure so your heart doesn't have to work overtime. Walnuts have also been found to lower blood pressure, both at rest and under stress. Add about an ounce to salads, cereal or oatmeal.

### Avocados

The next time stress has you hankering for a high-fat, creamy treat, skip the ice cream and try some homemade guacamole — the thick, rich texture can satisfy your craving and reduce those frantic feelings. Plus, the green wonders' double whammy of monounsaturated fat and potassium can lower blood pressure. One of the best ways to reduce high blood pressure — according to the National Heart, Lung, and Blood Institute — is to get enough potassium, and just half an avocado offers 487 milligrams, more than you'll get from a medium-size banana. To whip up your own avocado salad dressing, pure a medium avocado with 2 tablespoons of lemon juice and a dash of cayenne.

### Milk

Science backs up the old warm-milk remedy for insomnia and restlessness. It turns out calcium can reduce muscle spasms and soothe tension. A glass of moo juice (preferably skim or 1 percent) may also reduce stressful PMS symptoms such as mood swings, anxiety and irritability. According to a 2005 study from the Archives of Internal Medicine, women who drank four or more servings of low-fat or skim milk per day had a 46 percent lower risk of pre-period misery than women who had no more than one serving per week.

**Avocados' thick, rich texture** can satisfy cravings and reduce frantic feelings.

### Oranges

Fretting over a job interview or presentation at work? Pour yourself a glass of Florida's famous juice or peel yourself an orange. The magic nutrient here is vitamin C. In a study in Psychopharmacology, German researchers subjected 120 people to a public-speaking task plus a series of math problems. Those who took 3,000 milligrams of vitamin C reported that they felt less stressed, and their blood pressure and levels of cortisol (a stress hormone) returned to normal faster.

### Salmon

Stress hormones have an archenemy: omega-3 fatty acids. A 2003 study from Diabetes & Metabolism found that a diet rich in omega-3 fatty acids kept cortisol and adrenaline from turning into geysers. Omega-3 fatty acids also protect against heart disease, according to a 2002 study in the Journal of the American Medical Association. Not a fish eater? For another omega-3 punch, buy foods fortified with DHA (you'll find this particular fatty acid in eggs, yogurt, milk and soy products); but don't go out of your way for products that boast booming levels of ALA, another fatty acid, which may not work as well.

### Spinach

Popeye wasn't exactly a chill guy, but considering his magnesium intake, that's surprising. The mineral can help lower your stress levels, keeping your body in a state of relative ease as you kick Bluto's butt — or just try to get through an awkward cocktail party. Not getting enough magnesium may trigger migraine headaches and make you feel fatigued. (And almost seven out of 10 of us don't get enough of the stuff. No wonder we're cranky.) Just one cup of spinach provides 40 percent of your daily value — so try subbing it for lettuce on sandwiches and salads. (And now you have an excuse to indulge in the spinach dip!) (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

## EATING IN

LARRY CROWE/AP

## Ricotta Cheesecake With Raspberries

### Ingredients

- **15-oz.** container part-skim ricotta cheese
- **1/2 cup** reduced-fat sour cream
- **4 oz.** Neufchatel (reduced-fat cream cheese), softened
- **3** large eggs
- **3/4 cup** sugar
- **1/2 cup** all-purpose flour
- **1 tsp.** vanilla extract
- **1 tsp.** grated orange zest
- **1/4 tsp.** salt
- **1/4 cup** all-fruit seedless raspberry jam
- **1 tbsp.** orange liqueur or water
- **Two** 6-ounce containers fresh raspberries

### Directions

**Preheat oven to 325 F.** Coat a 9-inch, leakproof springform pan with cooking spray.

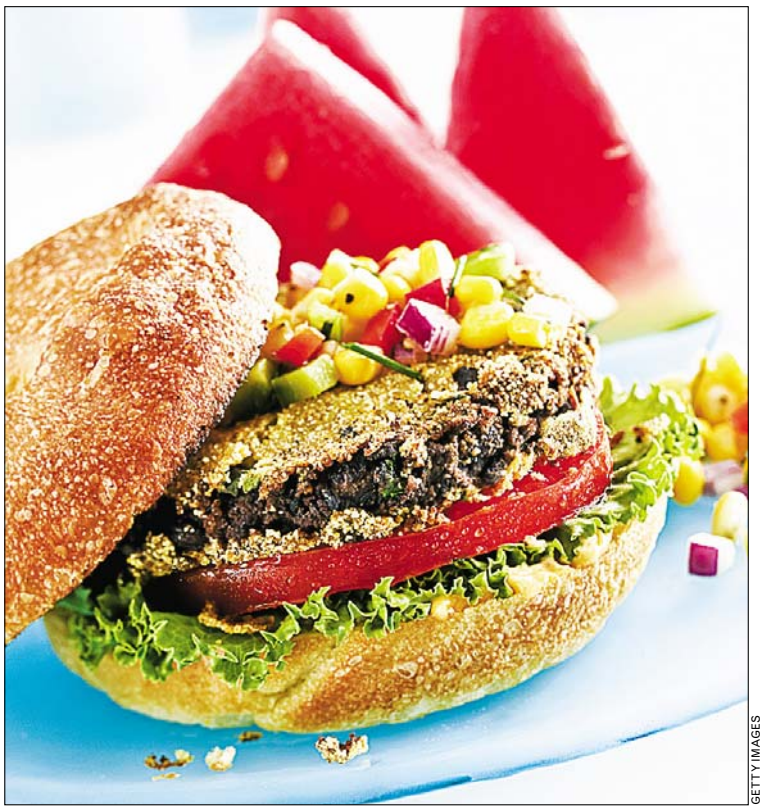
In a food processor, puree the ricotta until smooth and creamy. Add the sour cream, Neufchatel, eggs, sugar, flour, vanilla, orange zest and salt, and process until well blended. Pour into the prepared pan, and bake until the center is just set, 50 to 55 minutes.

Transfer the pan to a wire rack to cool, then cover and chill in the refrigerator for at least three hours before removing it from the pan. The cheesecake will be about 2 inches high.

In a small saucepan, bring the jam and liqueur to a boil over low heat, stirring constantly, until smooth. Brush the top of the cheesecake with the jam mixture, then top with raspberries, flat side down. The cake should be stored in the refrigerator. (AP)

**PER SERVINOG: 295 calories; 13 g fat (8 g saturated); 127 mg cholesterol; 36 g carbohydrate; 10 g protein; 3 g fiber; 375 mg sodium**

# Nutrition | fit



GETTY IMAGES

# Burger, But Hold The Beef

**In case a barbecue guest has mad cow phobia, your daughter found out where burgers come from or you want to try something new, we taste-tested the best of the non-beef burgers.**

## Buffalo Burger From Broadleaf

➜ **PRO:** Mucho protein.
➜ **CON:** Lower in unsaturated fat — the "good" fat — than beef.
➜ **OVERALL:** Surprisingly moist. Tastes like beef with a slightly gamy edge.
➜ **PER PATTY:** 220 calories, 34 g protein, 0 g carbohydrates, 9 g fat (4.5 g saturated), 0 g fiber, 90 mg sodium

## Chicken Burger From Casual Gourmet

➜ **PRO:** Next-to-nothing fat count.
➜ **CON:** High sodium.
➜ **OVERALL:** Tasty flavors — Italian, or Spicy Salsa and Cheddar — showcase moist, tender meat.
➜ **PER PATTY:** 100 calories, 16 g protein, 0 g carbohydrates, 3.5 g fat (1 g saturated), 0 g fiber, 460 mg sodium

## Turkey Burger From Applegate Farms

➜ **PRO:** Fat savings without the flavor loss.
➜ **CON:** Easy to overcook and dry out.
➜ **OVERALL:** A solid beef stand-in — juicy and full of flavor when cooked properly.
➜ **PER PATTY:** 170 calories, 24 g protein, 0 g carbohydrates, 8 g fat (2 g saturated), 0 g fiber, 65 mg sodium

## Tuna Burger From Omega Foods

➜ **PRO:** Guiltlessly low in calories.
➜ **CON:** Unexpectedly low in omega-3's and unsaturated fats, too.
➜ **OVERALL:** Nothing fishy here, but a little dry.
➜ **PER PATTY:** 90 calories, 19 g protein, 3 g carbohydrates, 0.5 g fat (0 g saturated), 0 g fiber, 182 mg sodium

## Black-Bean Burger From Morningstar Farms

➜ **PRO:** In flavor and fiber, these beat tofu burgers.
➜ **CON:** It's another salt mine.
➜ **OVERALL:** Fine if you're craving well-seasoned mashed beans; not a beef imitator.
➜ **PER PATTY:** 150 calories, 11 g protein, 16 g carbohydrates, 4.5 g fat (0.5 saturated), 5 g fiber, 470 mg sodium (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)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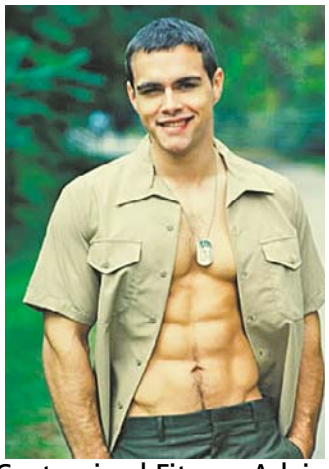

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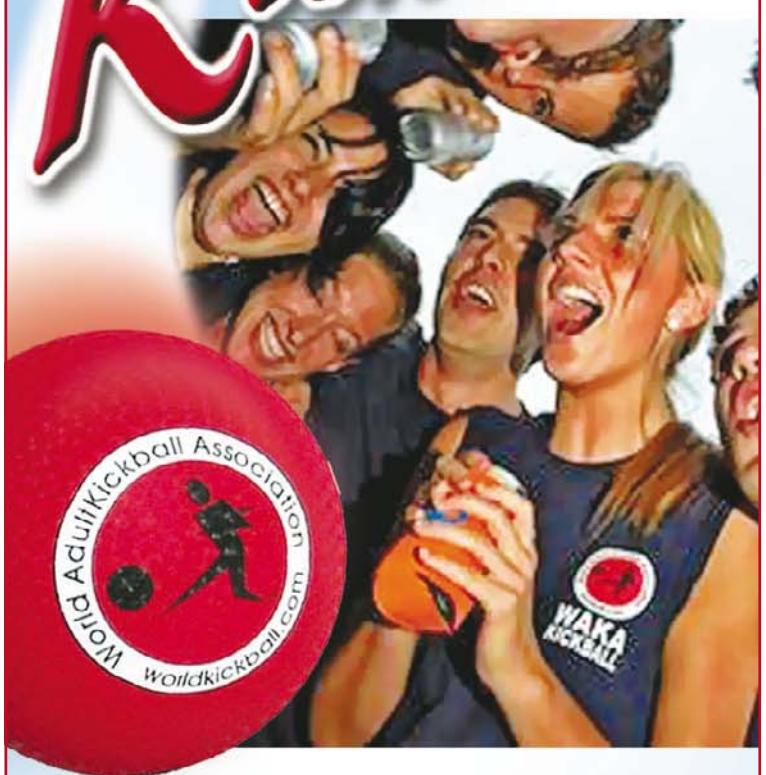


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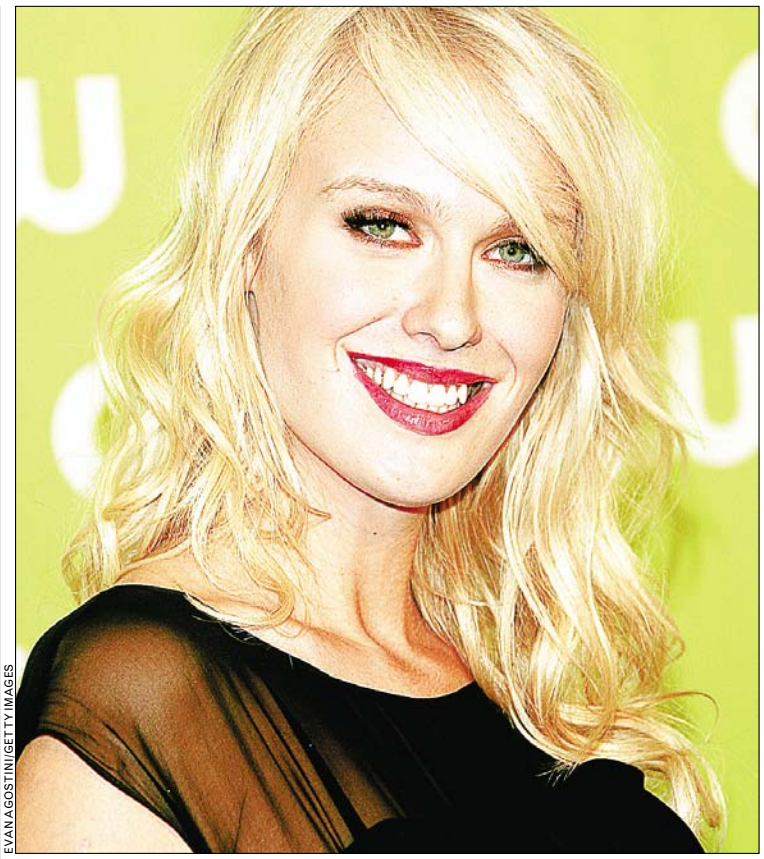
fit | Looks

# Win the Skin Skirmish

## 'Top Model' star shows psoriasis (and Congress) who's the boss

CariDee English didn't exit "America's Next Top Model" merely ready to walk a runway and show off pretty clothes. The cycle seven winner was poised to take her strut to the Capitol steps, which she's now done twice as the spokesperson for the National Psoriasis Foundation.

Just yesterday, the leggy blonde was back in town, meeting with legislators and urging them to increase funding for research on the chronic disease, which affects 7.5 million Americans — including English, whose symptoms started at age 5. For more info on psoriasis and the foundation's work, see Psoriasis.org.



EVAN AGOSTINI/GETTY IMAGES

**MODEL BEHAVIOR:** CariDee English is comfortable showing some skin these days.

Q+A

**You were so young when this started. Do you actually remember first getting psoriasis?**

Yeah. It's hereditary and my mom had it, so I remember seeing it on my leg. But it didn't get really bad until puberty. And then it covered 70 percent of my body for the next 10 years. It was mostly on my legs and arms, but also my back, stomach and head.

**How did that affect your quality of life?**

I remember in the summer being envious of girls in flip-flops and shorts. I always wore long sleeves, long pants. I didn't shave my legs until I was 20 because it manifests itself on the skin. It grows at a rapid pace, and it's patchy and scabby. It's dry, but it's not like you can just put lotion on it. It'd be like shaving over scabs. So I was just hairy. You couldn't see the hair over the psoriasis anyway.

**Sounds like a tough way to spend your teenage years.**

That's why I signed on to do this, so people don't have to be humiliated. You wouldn't just stare at someone with a big birthmark, because you know what that is. I looked like I had bad burns or poison ivy, and some people thought I was contagious. It was heartbreaking.

One time I was swimming, which was rare, but it was hot out. Normally, I'd wear two pairs of nylons over my legs so no one would notice, but I wasn't that day, and I was asked to leave because they thought I would spread a disease through the water. Another time, I was walking through the apartment hallway, and a neighbor thought my mom was beating me because of all of the marks on my arms.

**How long have you tried to treat your psoriasis?**

Since I was five. I've been on medications, light treatments, pills, salts. Then I went and researched biologics, which is something you inject once a week. And that's cleared my skin. But I know it can still come back anyplace and anytime. There's no cure. I just have to function as a girl living my dreams — today is a psoriasis-free day.

**Doesn't tanning help, too?**

Yes, I've been in a tanning booth since age 10 — although I haven't tanned for about two years now. But it was never to get a tan. It was a nightmare. And all of these treatments can be very expensive. Biologics, some of them are $500 a shot. Tanning can be $40 per tan. And insurance companies don't take it seriously.

**How did you have the confidence to go from someone who wears two pairs of nylons to the swimming pool to an aspiring model?**

I've been blessed with a strong will. Everyone told me I couldn't model, but I just knew that someday this was going to clear up. I have psoriasis, but I don't let it have me.

**What does it feel like to have clear skin these days?**

I've been wearing shorts in 30-degree weather, just because I can.

**Any beauty secrets you've picked up in the modeling world?**

Always wear sunscreen, put baby powder in your hair if it's greasy and shave with baby oil. It's gentle on the skin and cheaper. Also, I love double-sided tape for everything.

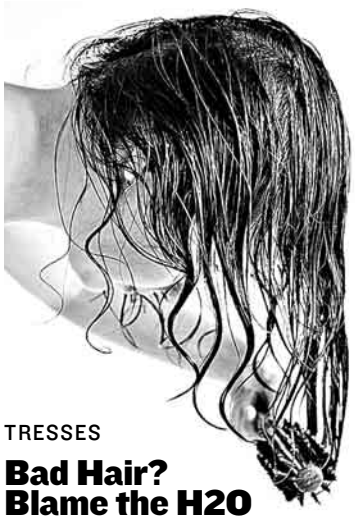
VICKY HALLETT (EXPRESS)

## STETHOSCOPE

PARENTING

### It's Out of Order

■ Younger siblings, it's time for a temper tantrum. While second-borns tend to get more money from their parental units, they lose out to the eldest on quality time. Economist Joseph Price pored over the data from the American Time Use Survey and found that, in two-child families, the younger child spent 22 minutes less with Dad and 27 minutes less with Mom between the ages of 4 and 13 than the first-born did at that age. This may be why the little ones have a tendency to do worse in school and act out.



TRESSES

### Bad Hair? Blame the H20

■ Hair has a tendency to play dumb — it's always, like, "Oh, I didn't know you wanted me to part there" and "I thought you liked the cowlicks." But, actually, those strands are packed with info. A study in the Proceedings of National Academy of Sciences reports that scientists can determine where folks live by analyzing the water molecules in their hair. The technique is already being used in law-enforcement circles for learning more about unidentified bodies, but it could also be used in medicine.

SMOKING

### Chemical Bothers

■ Cigarettes have the charming nickname "cancer sticks" because everyone knows smoking can cause cancer. But what we didn't know was why. Enter researchers from the University of California, Davis, who figured out that it's the hydrogen peroxide in smoke that transforms healthy lung cells. They hope the work may lead to breakthroughs in treatments and possibly push the tobacco industry toward selling "safer" products.

# At First Blush, It Seems Weird

## However, these 6 bodily quirks happen to other people as well

We're all for individual expression. But sometimes it would be nice to know — just for informational purposes, not because we're insecure — whether anyone else experiences the same crazy stuff we do.

GETTY IMAGES

### My hands and feet literally drip with sweat, even when I'm cold. Am I normal?

➔ About 3 percent of the population suffers from excessive sweating, or hyperhidrosis. It generally occurs in the hands, feet, underarms, face or scalp. There are several treatment options, from prescription-strength antiperspirants to site-specific Botox injections, which interrupt the chemical messages that tell the glands to sweat. If all else fails, surgery to sever the nerves that communicate with sweat glands is effective. The downside: Sweating often reappears in another spot, though hopefully a less embarrassing one.

### I clutch my boyfriend's hand in a death grip every time I fly. Am I normal?

➔ Your rational mind knows you're less (56 times less!) likely to die in an airplane than you are to die in a car. But all your brain knows is that you're way higher than any sane person should be and are potentially out of control. No wonder your sympathetic nervous system — the one that commands your body's flight-or-fight response — is shrieking, "Get! Out! Now!" An estimated 25 million people in North America are afraid to fly. Trite as it sounds, research shows that in this instance, facing your fears really does work. In 2002, researchers studied the effect of "exposure therapy" on 75 nervous fliers. Subjects were offered eight 45-minute therapy sessions in which virtual reality was used to simulate the experience of being airborne. Those who completed the treatment had much lower levels of flying anxiety afterward.

### The moment I step outdoors, I'm a magnet for mosquitoes. Am I normal?

➔ Humans produce an aromatic bouquet of hundreds of chemicals, some of which are irresistible to skeeters. But scientists have only, um, scratched the surface of what makes some people more bite-worthy than others. Drinking beer may attract them (though researchers didn't discover why beer breath is so alluring), and having high cholesterol, another study shows, makes you a more likely target. To keep from scratching all through your next tropical vacation, cover up, wear repellent (such as Off! Deep Woods), and don't fidget: Movement attracts the little buggers, too.

> If you don't like getting bitten by mosquitoes, rethink drinking beer at a picnic.

### I drool all over my pillow at night. Am I normal?

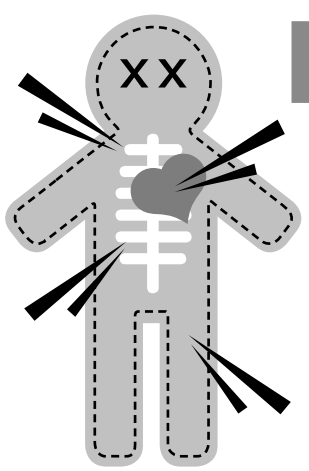
➔ Every day, your body produces a liter or more of saliva, an enzyme-rich goo that helps keep your mouth clean and digest your food. As a toddler, you mastered the art of keeping saliva in your yap-trap. But during sleep, when the muscles in your body relax, you're more likely to dribble. (This is a particular hazard if you're a side snoozer.) The result brings a whole new meaning to the phrase "sleeping in the wet spot." A sinus infection or allergies that cause you to breathe through your mouth instead of your nose may make the problem worse, but the easiest fix is just to sleep on your back.

### After I turned 30, my metabolism slowed to a crawl, or at least that was my explanation when I chunked up. Am I normal?

➔ Studies show that two things happen to women around their 30th birthdays: Their bodies start to lose muscle more dramatically (as much as half a pound per year, which has an adverse effect on your metabolism), and their physical activity wanes. The solution: strength-building exercises to help replace lost muscle tissue. Just 20 minutes twice per week can raise your resting metabolic rate by as much as 7 percent.

### When I walk around in the morning, my joints sound like popcorn popping. Am I normal?

➔ Many people have some degree of crepitus, a crackling or grinding sound made when uneven cartilage surfaces rub against each other. It usually occurs in large joints, like the knee or shoulder. Crepitus is different from the loud snap you hear when you crack a knuckle: That's caused by nitrogen bubbles inside the joints popping under pressure. If you feel pain along with the popping (especially while climbing stairs, squatting or kneeling), see an orthopedist. It could be a sign of injury or arthritis. MICHELLE ANDREWS (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

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